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THE RESTARS SO TOLESS. FINANCIAL STARS SO TOLESS. FUND STARS SO TO











IN THE Nuts Office!



NUTSMEMS

IN THE FIRING LINE, EVERY WEEK

Nuts EXCLUSIVE!

It's Emma Frain in The Apprentice!

She's sweeter than sugar - but she's not sweet on Lord Sugar!

your appearance in The Apprentice this week! What's that all about?
The teams were asked to make a magazine each. One decided to make a men's magazine and I was their cover girl!

Is Lord Sugar the type of bloke you'd normally go for? Not really! Lord Sugar's a bit old for me, to be honest! I tend to go for somebody my own age. I like... not necessarily power, but I do like somebody who can take control and make decisions. I like someone dominating!

What was Karren Brady like?

She was a bit frightening! She didn't speak to me. She just stood in the background giving me dirty looks the whole time.

BOARDROOM BABE!



Nuts NEWs

I got the impression she didn't like glamour models! But she's got to keep the apprentices in order. If she was too friendly, they'd run rings round her.

If you were in the boardroom, how would you stop Lord Sugar firing you? I'd get my boobs out! So how did it compare working with these buffoons compared to the professionals at Nuts? It wasn't as much fun! Nobody knew what they were doing in the photo shoot, and they were telling me contrasting things like, "Act like a businesswoman while you're surfing!" and I was like, "How the hell do I do that?" I mean, I know modelling, but it was such a ridiculous concept! Didn't you think of giving them some tips? Maybe I should have done, but it was their task so I thought I'd leave them to it! Did they try to get you topless?

No, I don't think Lord Sugar would have appreciated that!

We don't think he'll appreciate a businesswoman trying to surf in a hard hat! No, I'm looking forward to seeing his reaction, because I don't think he's going to be very impressed!

Did any of them try it on with you? No, they didn't. They were all very professional. There was no time anyway – it took them literally about three minutes to do the shoot because they'd just left no time for anything, everything was so rushed.

And what was your fee for this shoot? I didn't get paid for it!

What? That's a bit cheap of them! They said they had a budget and were going to pay me £150, but I think that budget was make-believe. So we didn't get paid anything, which was rubbish! They forgot this is what we do for a living! But I don't really mind – it was a privilege to be on *The Apprentice*. It would've been nice to meet Lord Sugar – I follow him on Twitter! What will you do if he says something horrible about your

something horrible about your pictures? I'll tweet him with a message! I don't know what I'll write but if he slags me off, then it's going to be war!

See Emma on The Apprentice on Wednesday on BBC1 at 9pm







Rooney's new hair!

We suggest a few potential styles for the Roo-meister's new noggin!





Nuts NEWs

Nuts EXCLUSIVE!

Top Geal salutes Jaquar.

Jezza applauds Britain's best!

The chaps at Top Gear don't tend to do things by halves. So when they celebrated 50 years of the Jaguar E-Type, in addition to a flotilla of the classic car, we got a marching band, paragliders,

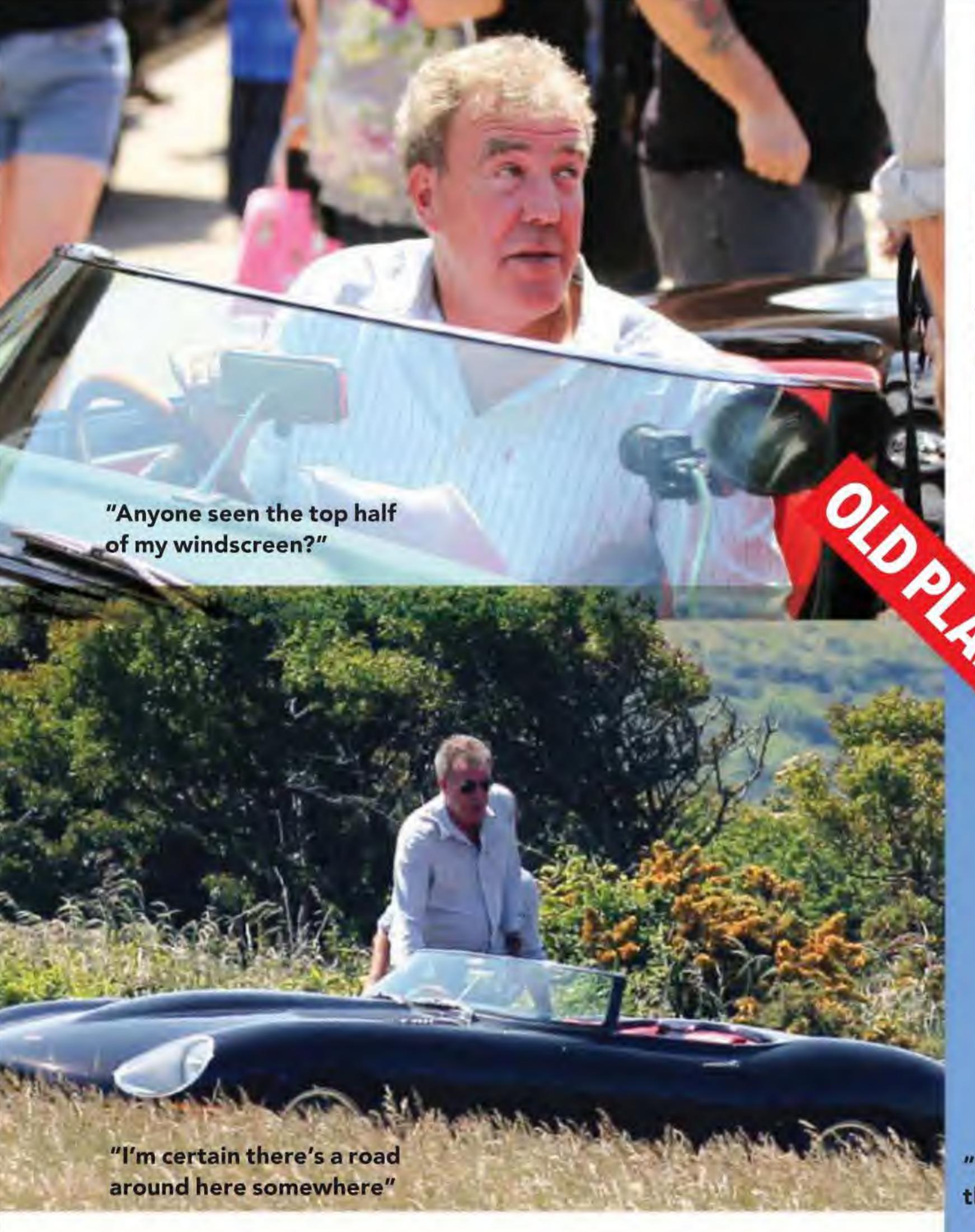
Jezza applauds Britain's best!

stunt planes, helicopters a fly past from a Hurricar a Spitfire! And Nuts was a to get these brilliant exclusions a flotilla of the classic car, we got a marching band, paragliders,

in Britain's best mag – hur

stunt planes, helicopters and a fly past from a Hurricane and a Spitfire! And Nuts was there to get these brilliant exclusive celebrating Britain's best car in Britain's best mag-hurrah!









"Er, are we too late for the Battle of Britain?"















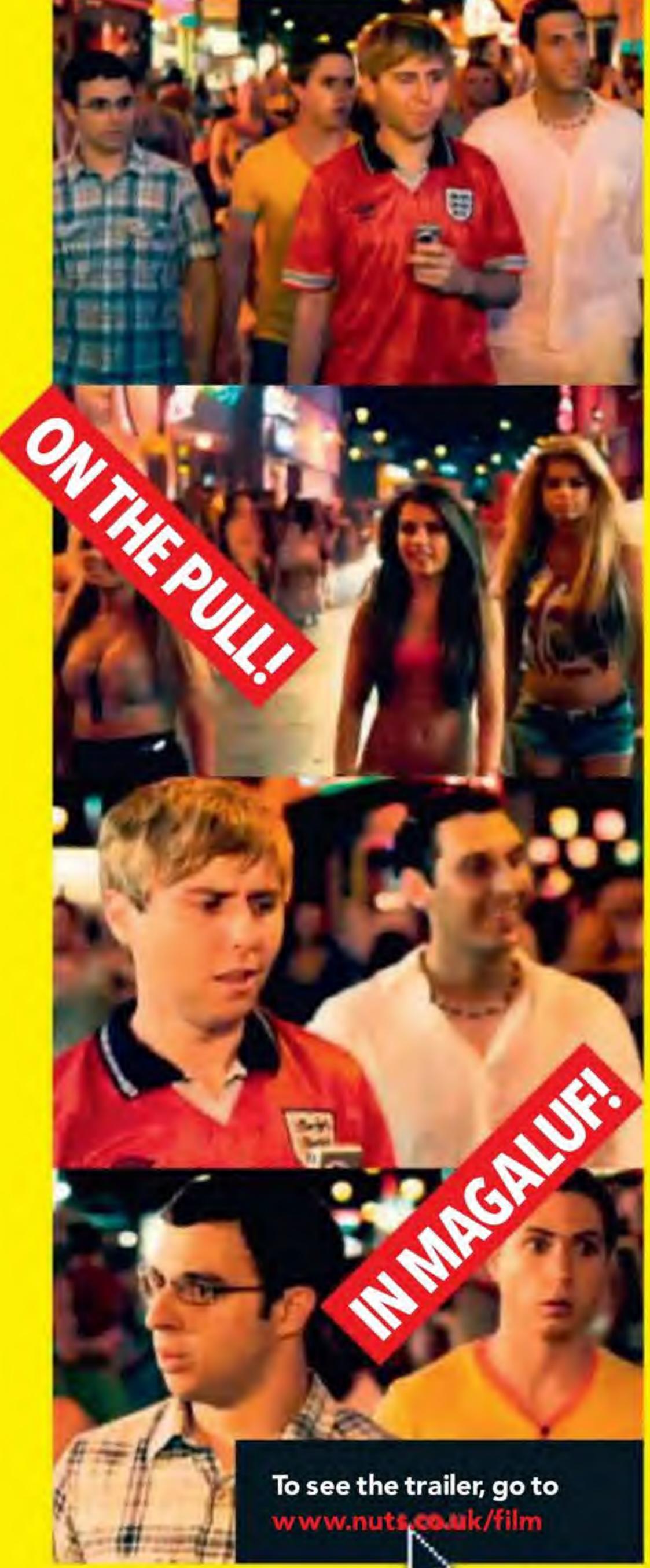




Inbetweeners: first look!

A sneak peek at the lads' movie about a holiday from hell!

elly's most hapless sixth-formers make their big-screen debut in August, and this trailer has us excited! In it, the boys stumble through Magaluf gawping at girls, blokes dressed as Smurfs and boozy meatheads. But Jay has the last word, declaring, "You better bring your wellies because it'll be knee-deep in clunge!" We can't wait!









lights, camera, action



£7.99

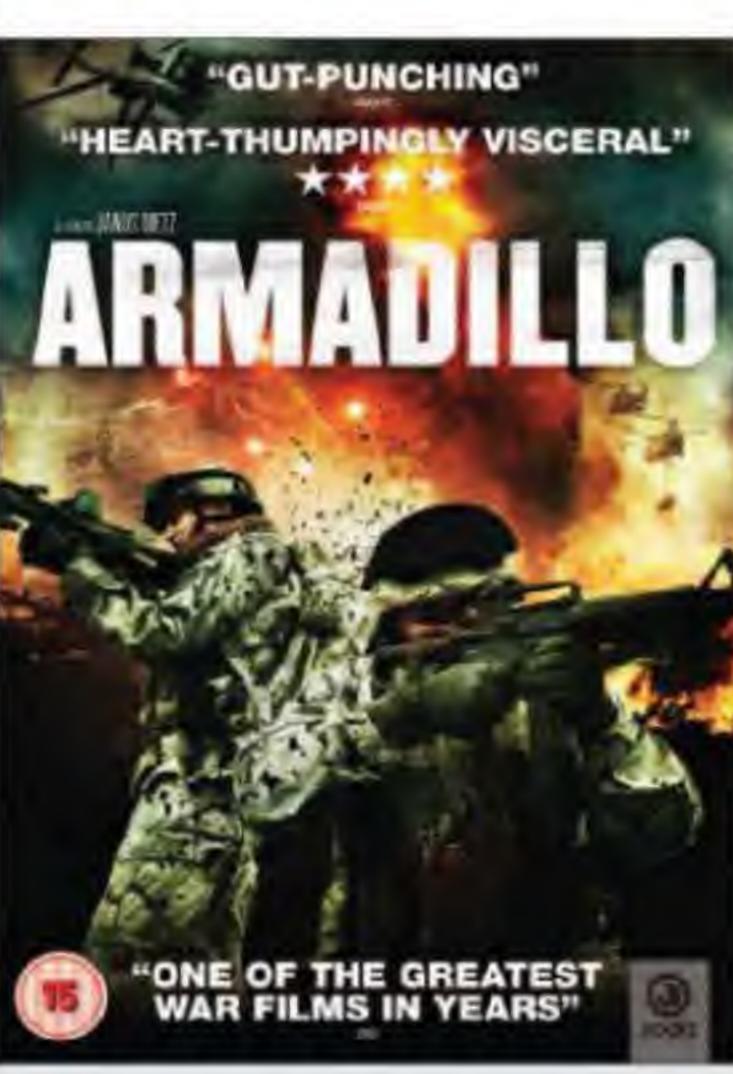
DVD out now

An incarcerated ex-US Special Forces operative in Russia discovers his second shot at freedom was actually an elaborate ruse in this explosive action thriller starring Dolph Lundgren









£9.99

DVD out now

Award-winning film director
Janus Metz arrives in
Afghanistan with a group of
young soldiers on their first
tour of duty and captures life
on the frontline with an intense
and uncompromising vision



£9.99

DVD out 20 June

The Eyeborgs are everywhere, recording your every move in the name of security, constantly scanning the street for fugitives and criminals. But when people begin dying under suspicious circumstances, an FBI agent begins to suspect that the airtight security system has somehow been breached



£12.99

DVD out 27 June

In this riveting World War II film, a corporal (Danny Dyer) is assigned to the newly-created 30 Commando Unit where the recruits are quickly thrown into a punishing training regime before they are deployed on a deadly mission

also available on Blu-ray





Limited edition Audi R8!

A soft-top version of Audi's R8 GT is unveiled!

- The R8 GT coupé Audi's answer to the Lamborghini Gallardo Superleggera series – was unveiled recently, so it was only a matter of time before they chopped the top off. After all, Audi owns Lambo now.
- Production's limited to 333
 units worldwide, with only
 66 being UK spec. It's basically
 a V10-engined Spyder that's
 had various tweaks.
- It's also 85kg lighter than a standard V10 R8, weighing in at a meagre 1,640kg.
- The GT interior's finished as standard in black Alcantara, but fine Nappa leather and a choice of crimson red or titanium grey are options.
- Engine management tweaks mean the V10's power's boosted from 518bhp to 552bhp. Who needs poncy turbos and superchargers
- when you've got ten directly injected cylinders, huh?
- The GT only comes with an R tronic six-speed flappy paddle sequential automatic, but it brings the 0-62mph sprint down from 4.1 to 3.8 secs.
- At the back, the GT boasts a fixed carbon spoiler and a swollen diffuser beneath circular exhaust pipes.
- Normal V10 R8s cost around £117k. This'll come to £185k.





TOP GEAR!

Nuts launches Giggsy T-shirts!

dodged the Ryan treatment!



Top clobber for people who've Red card

for Giggsy!

Our models tell us what they think about the Taffy tinker!



GEORGIA 25, Paris "Well, it's not that cool to cheat on

your wife, but these T-shirts are amazing!"



ALAN

40, London "I think he's a dirty little... I can't say it! But he's only

human, and the shirts are top!



HOLLIE

25, London "He's been stupid, so I'll wear this vest with pride. He's still

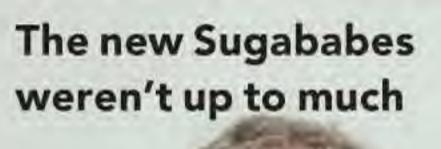
handsome though!"



AUDREY

23, Florida "Who the hell is this Ryan Giggs? Is he a baseball





the naughty with Man

United ace Ryan Giggs!

Coming hot on the heels

of the recent injunction-based

kerfuffle, it turns out he's also

his sister-in-law! Naughty boy!

the golden warmth of Giggs'

T-shirts (and vests) to prove it.

If you're one of the remaining

few, grab one now and join us!

Ryan Giggs" T-shirt or vest (£15)

at www.nuts.co.uk/giggs

embrace, and we've got the

Thankfully, we've yet to feel



THE PERFECT FATHER'S DAY GIFT



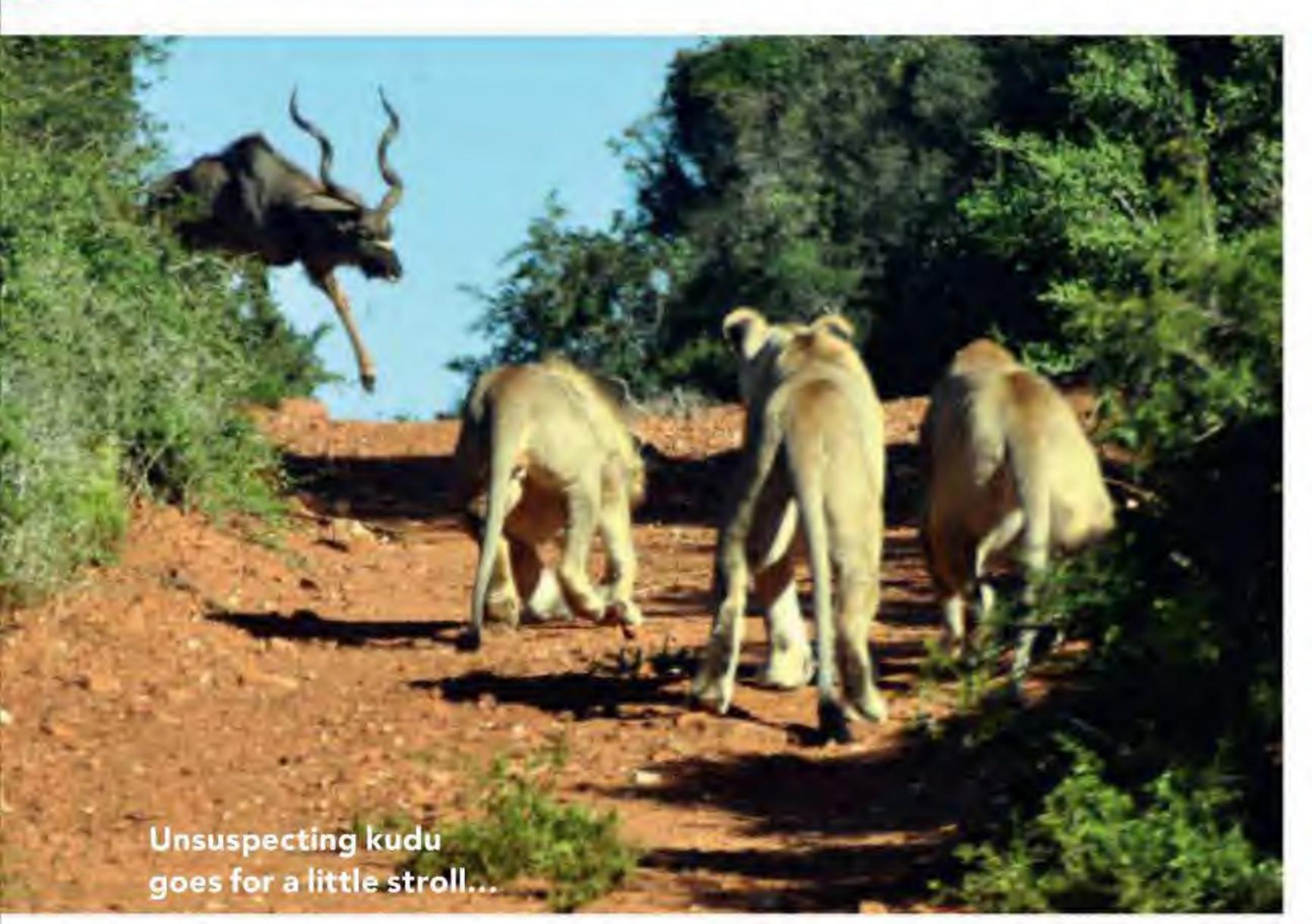
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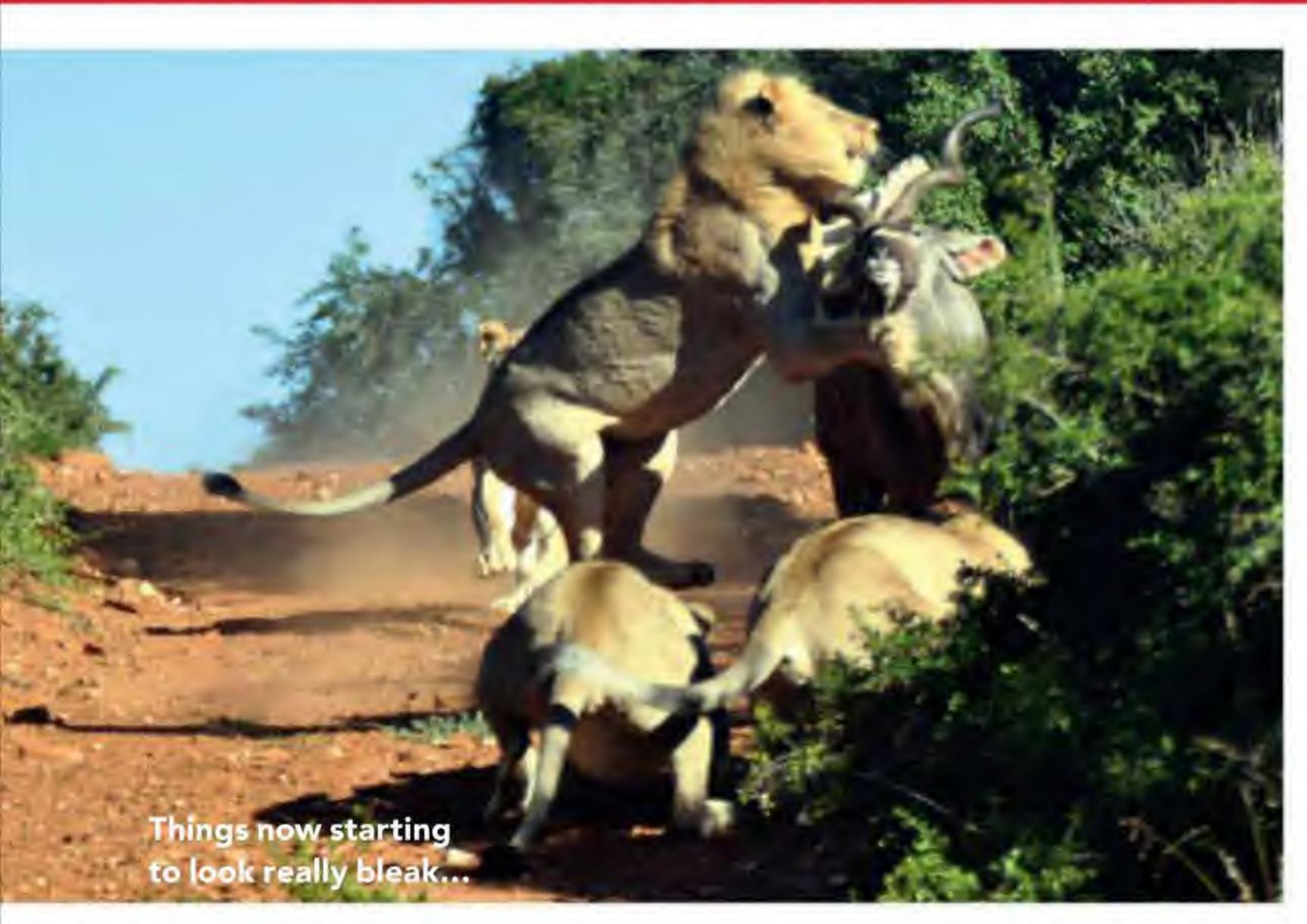
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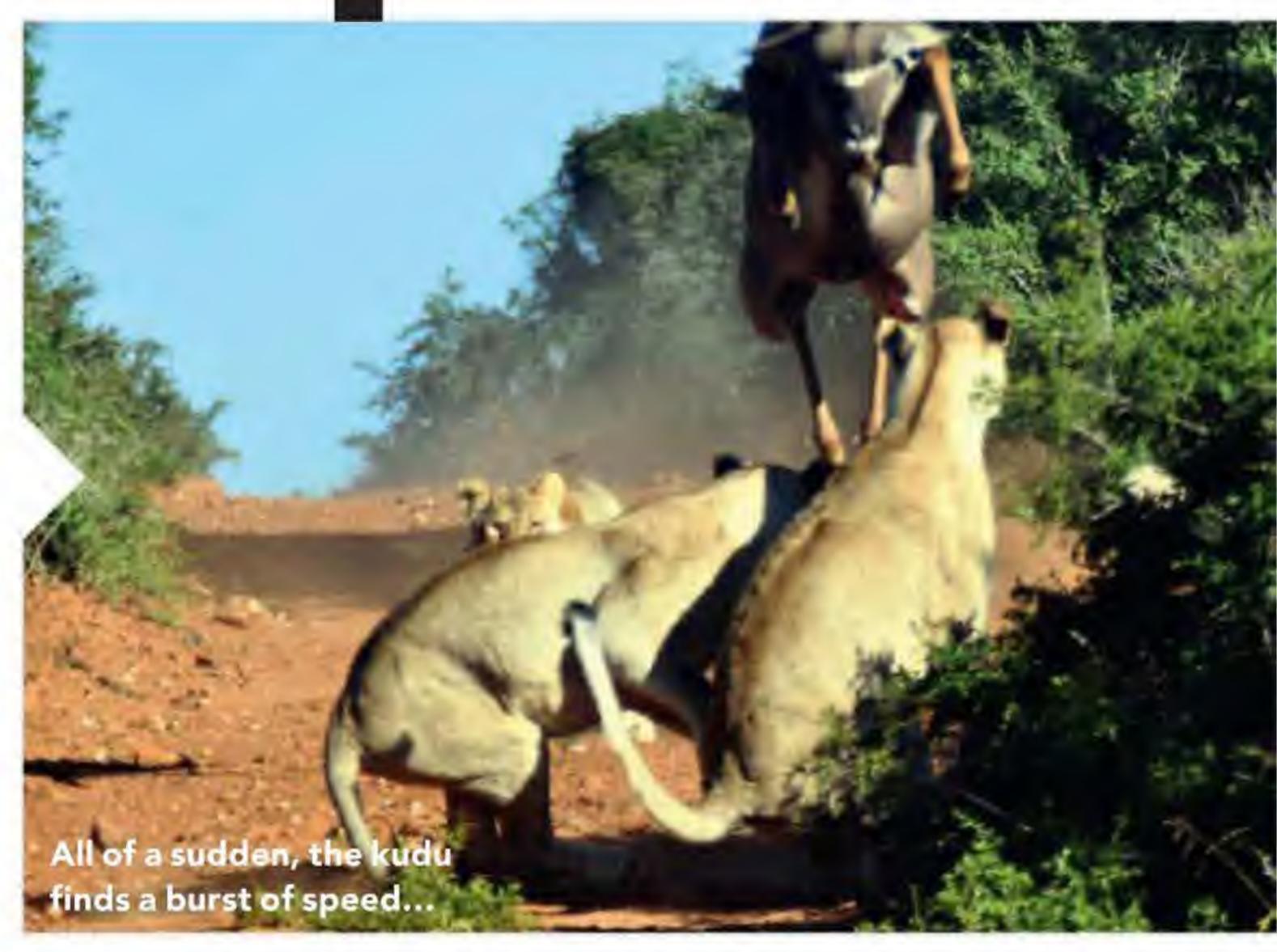
Nuts NEWs





Lions O Antelope 1



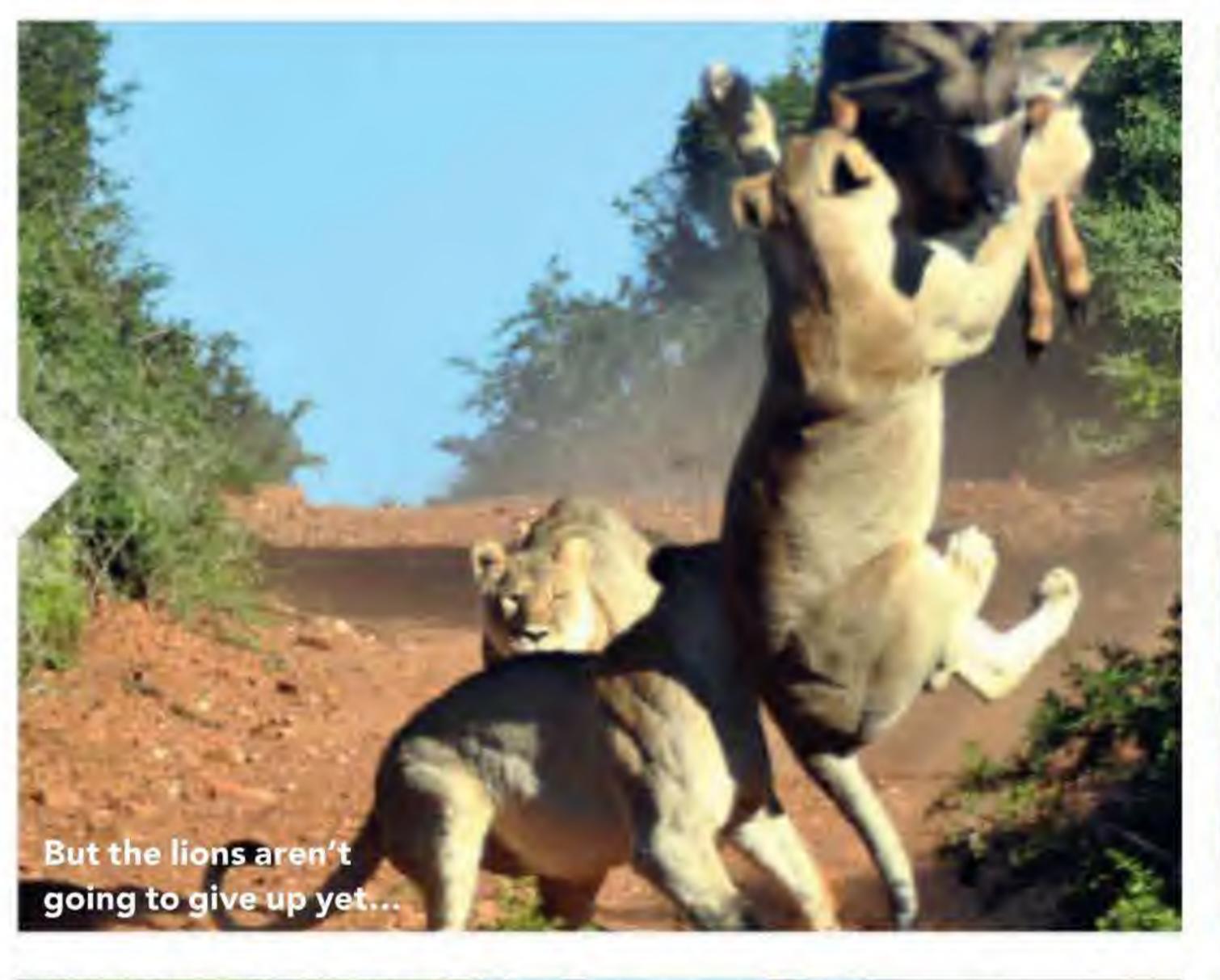




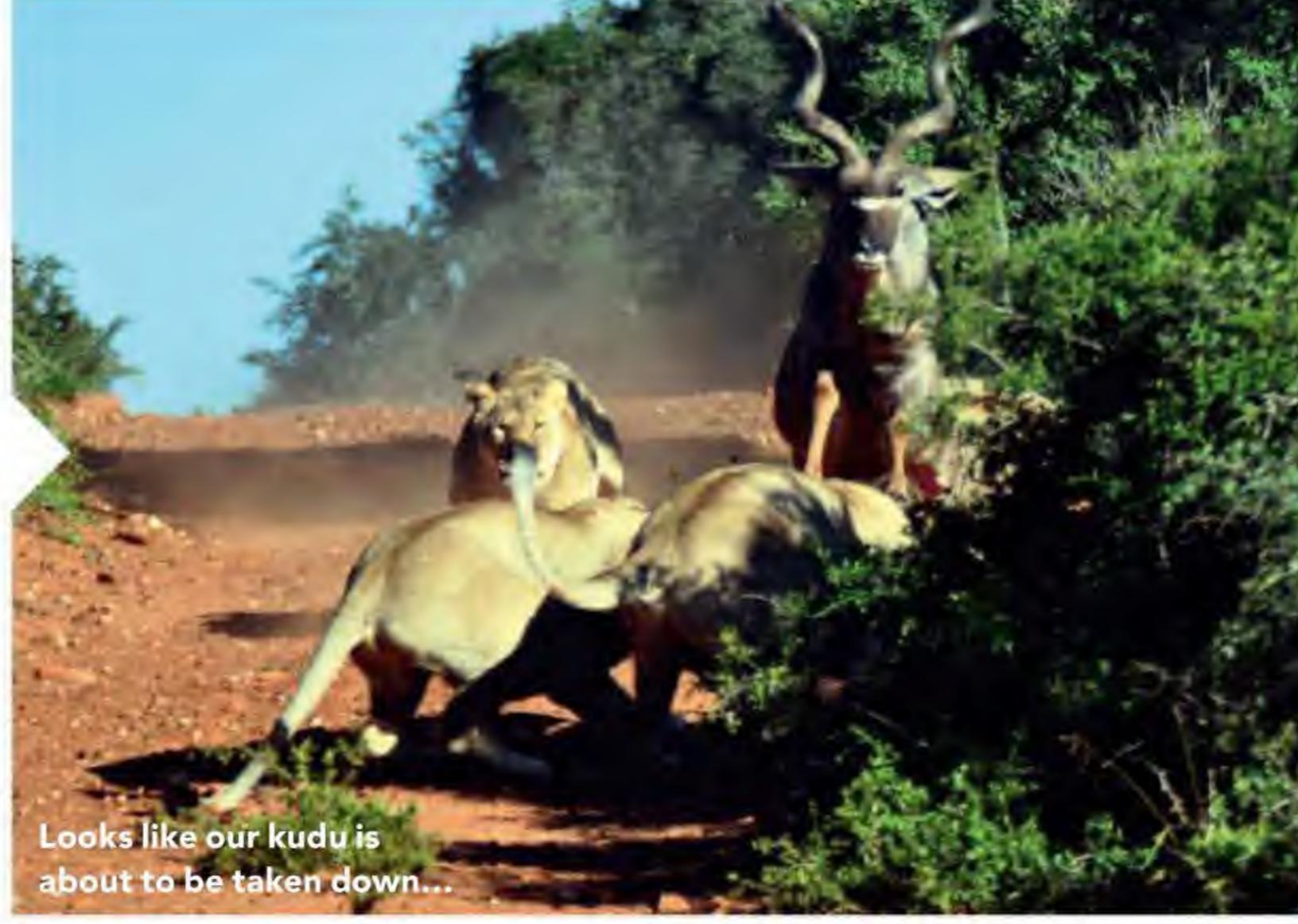




Spring-heeled bouncy beast shows meat-eaters who's boss!







adies and gentlemen,
we give you the coolest
antelope in the world, ever!
This kudu – the chap with
the big curly horns – hopped
over a co-ordinated attack from

no fewer than *four* lions, leaving the so-called kings of the jungle floundering in his wake at the Shamwari Game Reserve in South Africa's Eastern Cape. Big cats? Bunch of pussies, matey!



Tale of the tape



SIZE: Can grow up to 4ft in height, with an extra 6ft added

by its massive horns.
WEIGHT: 190-270kg
MAXIMUM SPEED: 60mph
EATS: Shrubs, flowers,
herbs and berries.
TASTES: Like venison and
very low in fat. Healthy.



LION SIZE: Can reach a staggering 8ft in length. WEIGHT: 150-250kg

MAXIMUM SPEED: 35mph
EATS: Wildebeest, zebras,
buffalo, wild boar, warthogs,
antelopes, giraffes, humans.
TASTES: Similar to veal – lion
meat is actually served in
some US restaurants.









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JIM JEFFERIES! It's the most offensive column on Earth! GES 155.

ONLY IN

'Ryan Giggs, you're a worthless piece of sh*t!'

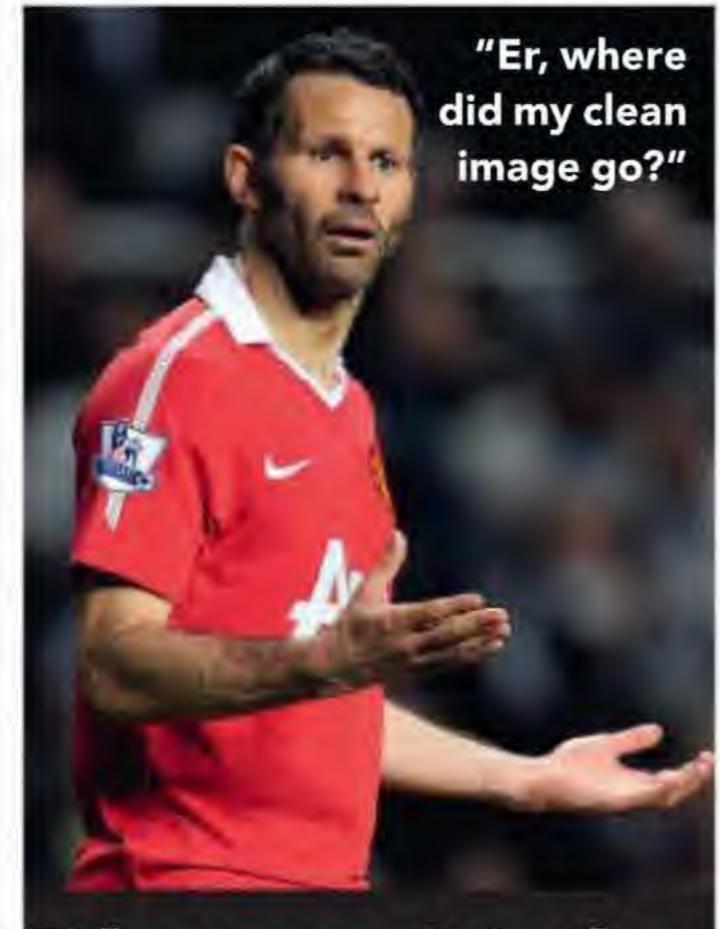
Ryan Giggs, you're a worthless piece of sh*t! Look, we all know footballers cheat, but this isn't just a Tiger Woods-type incident. You f**ked your brother's wife. For eight years! Not just once, while drunk at a family gathering. Eight f**kin' years! You play for Man Utd! Poor old Rhodri played for Torquay – don't

played for Torquay – don't you think he suffered enough? Oh Ryan, how did you fool us for so long that you were such a great guy? I bet you this is the first time the English are glad you're f**kin' Welsh!

Deadly veg!

A quick update on

the cucumber scare. The death toll's now 22 people, 19 of whom are women. There are two possible explanations. Either women have a healthier diet than us guys or, well, you've got to question where they've been sticking them! Only thing is, it now turns out that bean sprouts may also be to blame. Now I'm clearly very naïve in the ways of lovemaking 'cos I wouldn't even begin to know where to shove that stuff! Jeez, I don't think I'll ever figure women out!



"I bet you it's the first time the English are glad he's Welsh!"

The bald truth!

Why is Wayne Rooney getting so much flak for his hair transplant? Good on him – it's his money. Christ, he got less grief for bedding hookers! It really p*sses me off when I read about how vain men are for getting a hair transplant (and yes, I'm thinking about it myself as I already take



Propecia pills to stop mine getting any thinner!). These articles are always written by people with full heads of hair. How's it any different from a chick getting her t*ts done? And we're always happy about that, right? I say leave Wayne alone. And I really hope his hair turns out great for him too, 'cos then all he'll have to worry about is fixing his f**kin' face!

Proof Jim's an old romantic!

Finally, I read that there'll be a male pill available soon. I'm not sure this is a great idea. I mean I don't even remember to take my Propecia every day! That said, I never understand why guys knock girls up. I mean who leaves it in when they come? I'm sorry, but if you have sex with me you're gonna end up with come all over you. People may say it's disrespectful but I think it's a lot worse to get a girl knocked up on a one-night stand! So, my advice is: come on her face - you'll be doing her a favour. She may not thank you right away, but in time, she'll be, like, "You know what? You're a pal!" Until next week, f**kers!

Jim Jefferies: Alcoholocaust Live is out now on DVD HOTOS: CLAY ENOS, PLANET PHOTOS, GETTY IM

DON'T LOCK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com



Labourer's tootsies sent spinning by faulty saw!

hen industrial saws and human toes do battle, there's only ever going to be one winner. Graeme Bruce, a labourer from Kent, was unlucky enough to have his foot in the wrong place at the wrong time for a very short battle between man and metal...

"I was using a diamond blade to cut through some concrete, but it was faulty and it spun out of control and jumped in the air," the 23-year-old explains. "The saw landed just before my steel toe cap. It took all my toes clean off, bar the little one!

"The blade was spinning so fast that it instantly cut off all

the circulation, so it didn't hurt at all. I was surprised because there was hardly any blood!

"At the hospital, they couldn't put the toes back on but I was stitched up and back to work within a month," Graeme tells us. We reckon he'll be a bit more on his toes when it comes to using saws from now on. Sorry!

Win £1,000!

you looking

at? Oh, my foot"

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

WARNING

TOO EXTREME FOR CINEMAS



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Nuts GEAR

Nintendo's Wii U.

It's a new gaming console! With a crazy controller!

ay hello to the Wii U – Nintendo's clever new games console. It's a high-def gaming box with a difference: the controller has a big old screen stuck smack in its middle. This interacts with the game as a second screen, but also lets you browse the web, view photos and more. The options offered by two screens are legion, and this could revolutionise gaming. But first, here's how it works...

NEW CONSOLE

Here it is! Only it isn't. It's a concept thing that they've knocked up, so the finished box might not look like this.

BUTTONS, ETC

It's got tablet looks but the Wii U is a controller, too, with joysticks, triggers, gyroscope, and a motion sensor.

WORKS WITH WII

Existing accessories, like Wilmotes, Nunchucks and the Balance Board will work with it. As will all your Wil games.



INTERNET TABLET

Use the Wii U as a tablet, surfing the net on its screen. Then fling what you find to the TV with a finger swish!

TWO SCREENS!

During gameplay, the screen acts like a second TV, offering up more info – like menu screens and alternate views.

TABLET-LIKE SCREEN

If your missus wants to watch the TV, pop your game onto the controller's 6.2in, high-def touchscreen and carry on!



Check out more reviews at www.nuts.co.uk/reviews

YOURLETTE

The latest sackful of stupidity sent in by you!

Send your Letters to nutsletters



Viva lass in Vegas!

Dear Nuts,

I love the vest and shorts you guys make, so here I am, proving that you have fans in the USA!

Erin, Las Vegas

Another one of our growing American army of fans! Truly, the word of *Nuts* is spreading around the globe!



Butterly outrageous

like this, you win!

Dear Nuts,

While on holiday in Dorset,
I opened a new tub of butter
to find this enlightening image.
Makes a change from Jesus' face
on a slice of toast!

Graham New, Portsmouth
Mmm... Jesus toast with
nob-shaped butter!



Bunch of planks!

Dear Nuts,

My mates and I did a "chain plank"! It worked until someone walked through the chain.

Amir Benatmane, Leeds

Men of the UK, your next dafter than daft craze is here! Let's all plank!



Clothes on, soldiering on!

Dear Nuts,

We're the most forward troops in Helmand Province, so we were unable to do a photo in our blast pants due to the Taliban being (as you can see) so close! We have no magazines here either – can you help?

Cpl Watts, A Coy, 3 Mercian
We certainly can – fresh Nuts are
on their way, boys!



Plate great!

Dear Nuts,

Here's a numberplate I found while in Germany! My German wife found it funnier than I did!

Rory Cook, SE London

You found a German with a sense of humour? Amazing!







@ipcmedia.com or to the address on p70

She's not off her Rocker

Dear Nuts,

This is my girlfriend on my Harley Rocker, in a Nuts T-shirt.

Steve, via email

Insert "check out the awesome bodywork" gag here.



Only in France!

Dear Nuts,

On a recent trip to France, I found this shop! It reminded me of what it was like to work in a call centre.

Joe Rutlidge, Preston

Do you have to dial one-handed to get through?

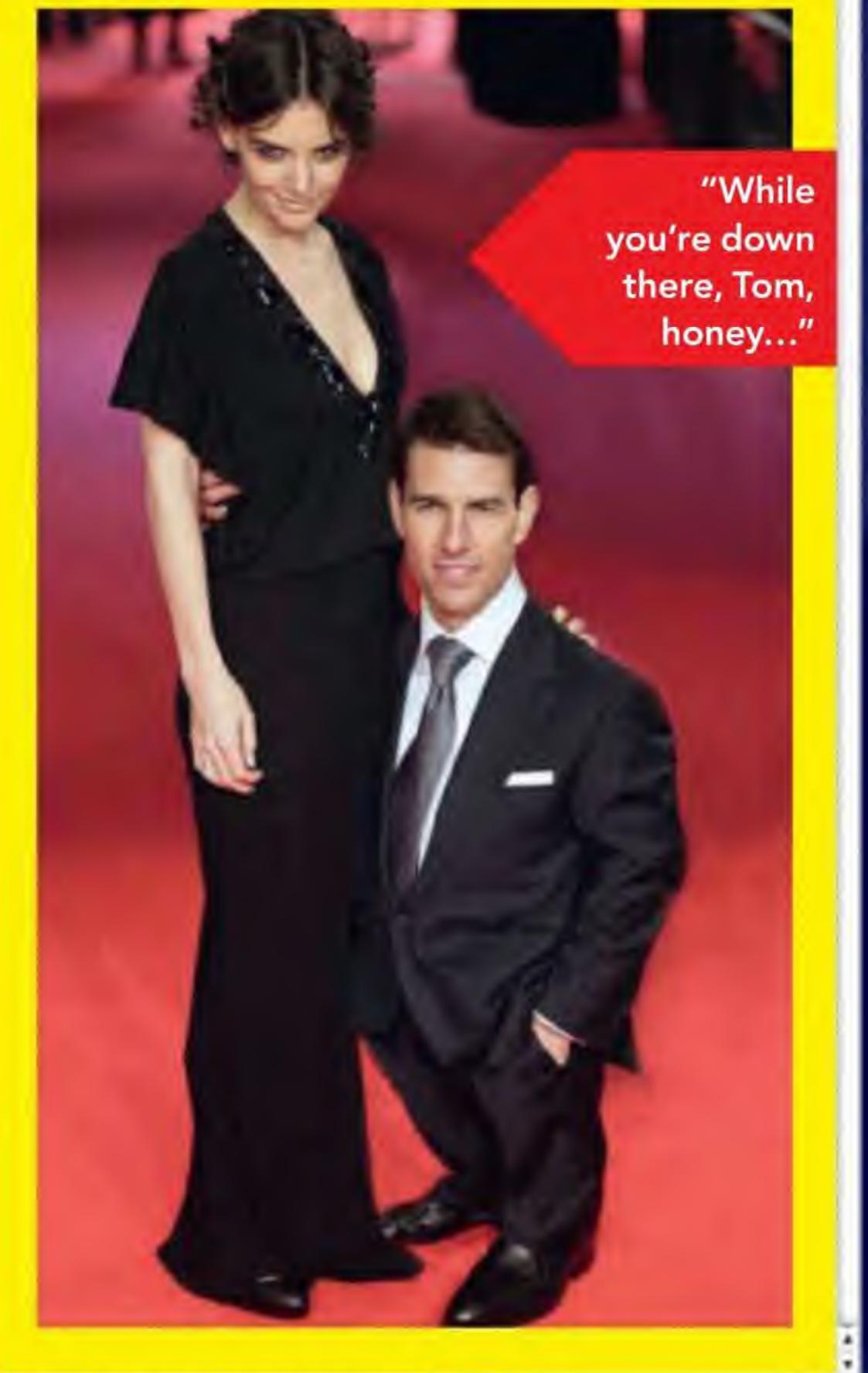




See more funny stuff at www.nuts.co.uk/spambank

SPANBANK! All-new online hilarity





Win Durex stuff! **Gurex**

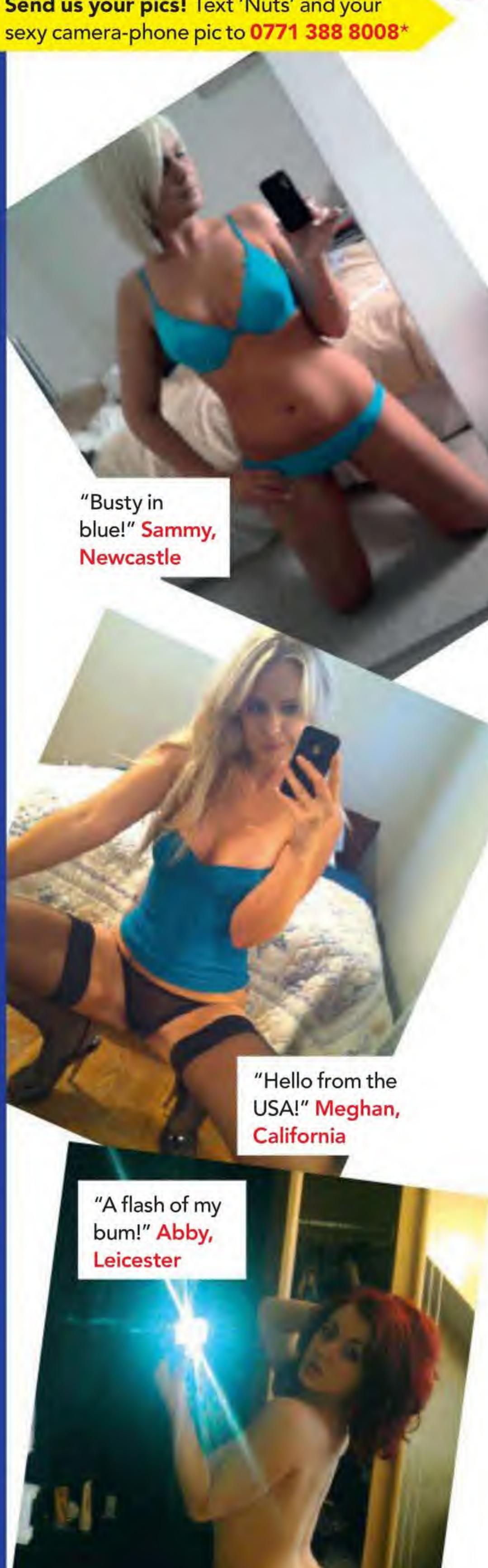
Send your letters, hilarious spam pictures and cameraphone cutie shots to: nutsletters@ipcmedia.com or post them to the address on page 70. The sender of this week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy. Visit www.durex.co.uk for more information.

ONLY IN

CAMERAPHONE

Sexy snap-happy babes!

Send us your pics! Text 'Nuts' and your



YOUR JOKE

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcme

SHORTJOKES!

Q: Hear about the bloke sacked from the dodgems?

A: He sued for funfair dismissal!

Marcus Triggs, Portsmouth

Q: Why couldn't the pirates play cards?
A: Because the captain was standing on the deck!

Noel Middleton, via email

I saw a Scotsman and I asked him if he had spots when he was younger. He replied, "Achh-neeee!"

Manny, Wirral

I was sacked from my job as a plastic surgeon for using helium instead of silicone.
Needless to say, it all went boobs up!

Eddie Jenkins, Newport

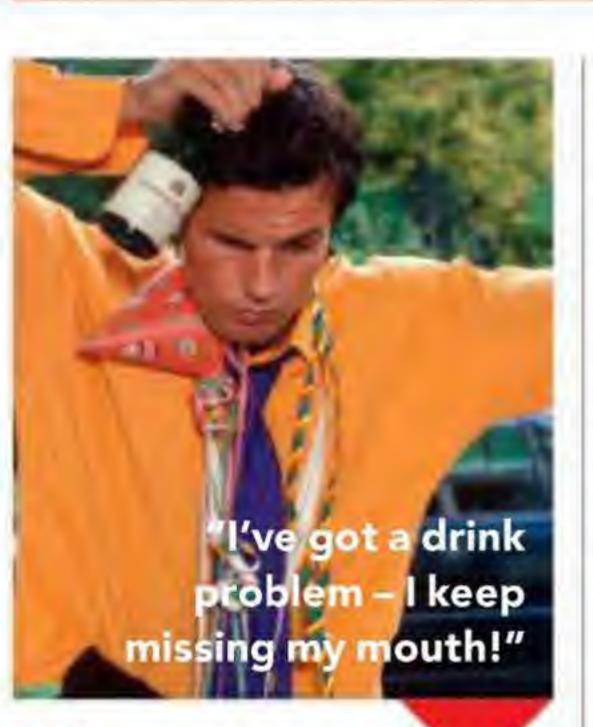
"Whipped, creamed, then some spooning. Sounds like a good night!"

What a bummer

A bloke walks into the doctor's office and says, "Doctor, I've accidentally got a strawberry stuck up my backside."

The doctor says, "Dont worry, I think I have some cream for that!"

Harry, Southampton



Happy

An angry wife meets her husband at the door after he's been out on an all-night bender. The bloke's breath stinks of alcohol

and there's lipstick on his collar. The wife snarls, "I assume that there's a very good reason for you to come waltzing in at seven o'clock in the morning?"

"There is," slurs the drunk bloke. "Breakfast." Ted, via email

Swat a prat!

A woman walks into the kitchen to find her husband prancing around manically with a newspaper.

"What the hell are you doing?" she asks.

He turns round and says, "Hunting flies."

"Oh! Killing many?"
she asks.

"Yep, three males and two females," he says, confidentially.

Intrigued, she asks, "But how can you tell them apart?"

He responds, "Easy.
Three were on a beer can and two were on the phone!"

Jack Dempsey, via email

"I'm not so much a fly as a flew"



A bloke shows up to a fancy-dress party wearing nothing but a pair of old Y-fronts.

"What the hell are you supposed to be?" asks the confused party host.

The bloke proudly says, "I'm a premature ejaculation!"

The host looks puzzled, so his guest explains: "I just came in my pants, you see!"

Mark Watson, Keighley

Win a 22in LCD TV!

To celebrate the release of 5 Days Of War, this week's best joke wins a 22in LCD TV.
Lock 'n' load and go behind the front lines this Father's Day with 5 Days Of War, out now on DVD and Blu-ray from Entertainment One!



ON IS FINAL. TERMS AND CONDITIONS ON PAGE 70 APPLY. SEND YOUR JOKES TO NUTSJOKES@IPCMEDIA.COM ESS ON PAGE 70. PHOTOS: SHUTTERSTOCK, ALAMY, ALLSTAR, STEVE ULLATHORNE, PA PHOTOS, WRITER PICTURES



dia.com or to the address on p70

One-night

After having amazing sex on a first date, a fella asks the woman he's sharing a bed with if she has a lighter for a post-sex cigarette.

"There might be a box of matches in the top drawer bedside cabinet," says the busty broad, stroking his chest.

The bloke rummages around, only to happen upon a framed picture of another man.

"Erm, is this your husband?" he asks nervously.

"No, silly," replies the woman, snuggling up to him.

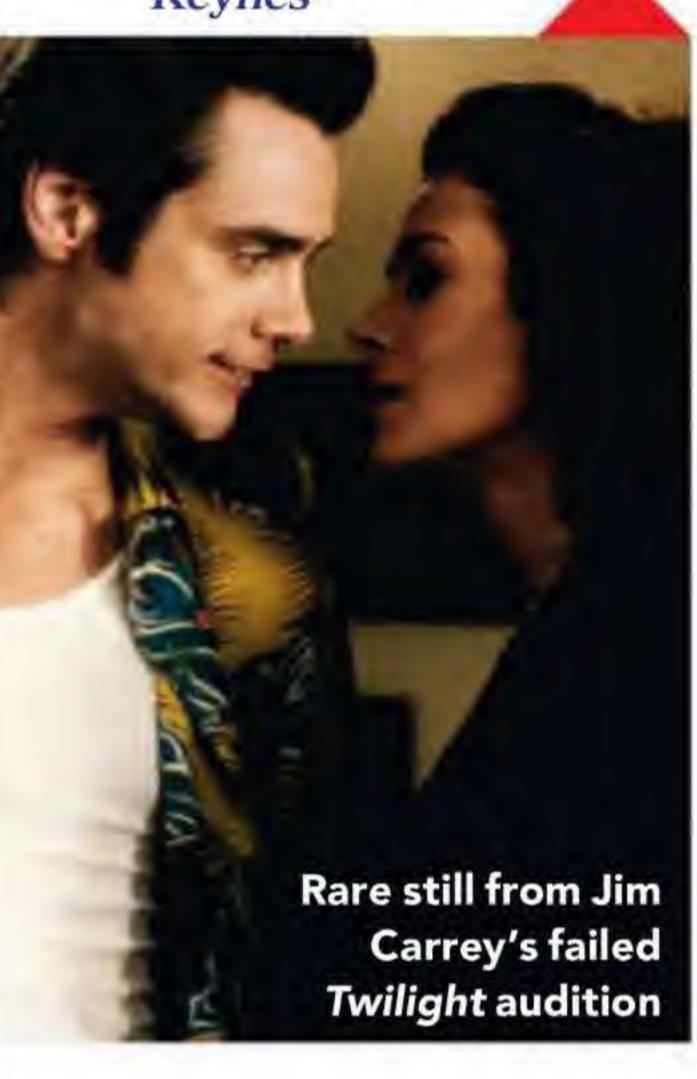
"Your boyfriend, then?" he enquires.

"No, not at all," she says, nibbling his ear.

The bewildered guy finally demands, "Well, who the hell is he?"

The woman looks adoringly at him and replies, "That's me before the operation."

Jimmy Smith, Milton Keynes



FAMOUS BLOKES'

JIMMY CARR: "Frozen-food king Wallace McCain has died. In a way, it's what he would have wanted as he's now oven ready!"

DANIEL SLOSS:

"Mel Gibson's new film is called The Beaver, which is interesting because both of them can be used as a different word for 'c**t'!"

KEVIN BRIDGES:

"I bet Bin Laden's son is the Calum Besttype, just using his old man's name to get laid!" for taking a crap!"

"Giving Osama bin Laden a dignified burial at sea' has replaced 'dropping the kids off at the pool' as the mostused euphemism



"Woke up having nightmares about the state of the guttering on our house. Pretty sure I was just having a pipe dream, though!"

MILTON JONES:

"I've always thought radio has the amazing ability to take you places. This may be because we only had a car radio!"

IMRAN YUSUF: "The politically correct colloquialism for a dispute with a vegetarian is not a 'beef' but a 'Quorn'!"

Email your pictures to nutspopout@ipcmedia.com



ON THE BEACH!

JESS 23, from Liverpool
"It's the summer time – and that means boobs!"



NICOLE 18, from Bury
"I decided it was time to whip my shirt open!"



AXA 19, from Lancs
"Here I am in the forest, feeling a bit naughty!"



Seen something daft? Snap it, send it in and win £100!



Text 'Nuts' and your picture to 0771 388 8008 (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** Terms & conditions on page 70.



"This dog kept humping our legs before starting on a cushion!" Steve, Barnsley





brother-in-law swore it was a

good idea!" Strude, Scotland









"The generosity of Tesco continues to know no bounds!" Anon, via text



i Example! When fellow

rapper Wretch 32 sends you a Christmas card, does he sign the full "Wretch 32" in case you get a Christmas card from 31 other people called Wretch? Ha! Yes, he does. It was great to work with Wretch. He's the smiliest person in UK rap. When we were shooting the video, people thought we were shooting a documentary about who has the toothiest grin in London, Wretch or me. We weren't. You've also guest-rapped on Professor Green's Monster, Tinchy Stryder's Game Over and Giggs' Look Over Your Shoulder. Do you charge by the word? I don't charge. There's an old-school unwritten rule from when we used to do mix tapes together. Back in the day I'd have got Tinchy on my tape for free. It's the same now. Your new single's called Changed The Way You Kiss Me. What were you doing wrong with all the girls you've snogged up to now? I do

usually go straight in with



the tongue. That's my kissing tip – loads of tongue. And brush your teeth beforehand! Or have a Smint.

Cheeky fondle? Yes, always a cheeky fondle. Ha!

Your new album's called *Playing* In The Shadows. Are you going through your moody thirdalbum phase? Yeah. I'm feeling a bit emotional at the moment. I'm a bit tender.

What's wrong with you? I don't know. What's wrong with me? I'm asking myself a lot of questions. My new album's all

about honesty. Real life, as it's happening right now. I don't think anyone thinks I'm the best rapper or singer in the country. I think I'm half-decent at rapping or singing. My songs are pretty good, though!

How far would you get on Britain's Got Talent? Not far at all. I think they'd just laugh at my funny face. The sort of people who win Britain's Got Talent and The X Factor are normal looking. Apart from Cher Lloyd. She's a bit wonkyfaced, isn't she? People see me on TV and think, "How did he become famous? He's got a wonky face." If more wonkyfaced people were on TV, it'd be a true representation of the pop charts at the moment. Did you really once film a video

in Chernobyl? Yeah. It was mental! It's a nuclear disaster zone. You have to walk around with a Geiger counter and a slight tingle in your balls!

Do you have problems getting through Customs because your passport says "Example", so

passport says "Example", so it looks like it's a dummy one? Yes. Because that's my real name! I've also got a Nando's discount card that says "Example" on it. I went into one branch and this Polish girl goes [does Polish accent], "I cannot accept this card because it is a sample." "No, I'm Example!"

"I wouldn't go far on *Britain's Got Talent* - they'd laugh at me!"

"Yes, this is an example of a card." "No, I'm in an act called Example." "Your band is called Example?" "Well, we're not a band, it's just me." The language barrier made it complicated. I just wanted chicken!

You used to have mad, spikey hair but now it's all flat. Has your mum made you brush it down? My mum actually preferred it up! I'd spend 20 minutes applying hair products, then I'd get on stage and it was flat by the first song because I was so hot and sweaty. The new album is Example laid bare – the real me. So I don't want all the hair up and all the fuss!

Thanks, Example! How much

street cred would you lose with your fellow rappers if we reveal that you once won the Royal Mail's Poet Of The Year competition? I think they'd be quite proud of me. Rapping's poetry, isn't it? I'm actually a lyrical poet. And I know it. Ha!■

Example's single Changed The Way You Kiss Me is out now







ESURVIVEI APRISON





orldMags

How two Brits emerged alive from a prison massacre!

Paul (left) and James

show off their shivs

James Miles and Paul Loseby were caught smuggling 10kg of cocaine out of Venezuela in 1994, they were banged up for 30 years in one of the world's deadliest jails.

"Dead bodies were so
commonplace in Yare [South
America's most brutal and
lawless prison]," James Miles
tells Nuts. "They'd be stacked
up next to the canteen and
left in the baking sun to rot.
We were used to seeing
men openly murdered.
On our second day in Yare,
a young guy had his brains
blown out in the dinner
queue right next to us."

As James explains, the root of all this killing was that the jail was full of guns – bought from corrupt prison guards for about £200 each.

"Practically everybody had a gun in Yare: it was the only way to survive. Pistols and revolvers were everywhere, as were home-made shotguns. There were even grenades. Because the guards were totally corrupt, everything had a price: weapons, drugs, women, booze – even life itself."

Within the savage confines of the prison, three opposing gangs – the Black Cut, el Barrio Chinos and the Chicken Thieves – practically ran the jail, and inmates had to join one to stay alive. James and Paul hooked up with the Black Cut.

HUNTING FOR THE EAGLE

"The atmosphere was getting more and more tense by the day, and the root cause of it was the whereabouts of the jail's most legendary gun – a Desert Eagle semi-automatic pistol," James reveals. "The Desert Eagle is the same gun Vinnie Jones has in Snatch. It's the best pistol money can buy and, in Yare, it was the ultimate power. Valued at £1,000 or more, it became the stuff of legend – people had heard the distinctive noise when it went off, and now everybody was after it."

As time went by, it became apparent the Black Cut had it, but every other gang – and all of the guards – wanted it. The guards feared the Desert

Then three tanks rolled in with their guns pointed at The Tower!"

Eagle might spark a riot if anybody tried to take it by force so a new rule was issued: nobody was allowed to use firearms to get anything from anybody else. The el Barrio Chinos decided to ignore that and their top men issued a directive for its capture.

Two of their best men, experienced assassins, were ordered to go and find it.

"These two lowlifes toured the prison a few times, and saw a guy with what they thought was the gun. In the ensuing battle, they killed two lads from the Chicken Thieves for it. Ironically, it was just a 9mm Browning. Those two boys lost their lives over the wrong gun and el Barrio Chinos started a war," James explains.

"The whole prison was put on lockdown. You could cut the atmosphere with a knife. Everybody knew there was a serious, serious storm



brewing. Two hours later, some idiot opened all the locks inside the jail. The National Guard retreated to their gun towers and sat back and watched as the Barrio Chinos were slaughtered."

BLOODY BATTLE

The Black Cut and the Chicken Thieves joined forces then went in and murdered every single Barrio Chino they could find on level three of Yare's Tower.

"It didn't matter if they
were involved in the killing of
the two boys or not. The
whole unit had to die, and if
you were in the gang, and got
caught, you were dead. Full
stop," James tells Nuts. "Over
100 men went in and they
slaughtered everyone they
came across. They were
chucking grenades in,
spraying bullets and setting
fire to cells. The gunfire went
on for four hours solid. It
sounded like the Gulf War."

The Barrio Chinos had built bonfires on the landings to keep invaders out, but the heat became so intense that prisoners were running through the flames to escape it, only to be slaughtered.

Others blew barred windows out and either climbed down three storeys, or took their chances and just jumped to escape the inferno. Any that did make it down to the ground tried to climb barbed wire fences to get away, but the National Guard opened fire on them from the gun towers. In one night, the Barrio Chinos were totally wiped out.

THE AFTERMATH

"The next morning, the prison's main gates burst open," James remembers.
"A soldier clutching a megaphone stormed in and started bellowing orders.
'We're coming in, and we're going to clear out any guns

we find! We want this Desert Eagle! Resist, and you'll die!' By bad luck, I was nearest to the gate, and a guard came straight at me," continues James. "He blasted a plastic bullet from his shotgun right into my foot and shouted, 'Move, gringo, move!'

"CS gas canisters were being shot in all directions, and you could barely see through the choking, eyestinging smog. Unbelievably, three tanks then rolled in, with their gun turrets pointed at The Tower!"

A platoon of soldiers in balaclavas stomped in, armed with machine guns and grenades. A tense, face-off ensued. "We knew we had more useable firepower than the army," says James. "Yeah, they had tanks, but they'd have to flatten the jail, and then come in and get us out. The government would never stand for tanks being deployed against prisoners.

The tanks were just a threat.

"But the blokes in balaclavas were a real worry. Were they hiding their identities for a sinister reason? Word spread that the prisoners were about to open fire first. But high-powered Black Cut bosses calmed the ranks and allowed the guards in. They shredded mattresses and took as many guns as they could find. Sh*t guns were surrendered. All the good guns were safely stashed-including the Desert Eagle."

More than 60 men had died for that gun, but a full-on war between an army with tanks and 3,000 murderous inmates packing grenades and guns? That really would have been insane!

Banged Up Abroad: Hell Hole, Our Fight To Survive South America's Deadliest Jail by James Miles & Paul Loseby, is out now











i Holly! Where's the best place you've ever been on holiday? I had a good time in Turkey last year we did loads of exploring! Have you got any holidays coming up? I'm going to India at the end of the year. It's supposed to be amazing! What are you going to get up to? If there are any around, I might ride an elephant! What's the wildest holiday you've ever had? When I was 18, my friends and I went to Zante. We got on the plane and there were 14 lads from our school on it. It was mental!

Oh yeah, definitely! I don't think white marks on the top are attractive. Bottom ones can be quite sexy but not the boobs! Have you ever been on a nudist beach? I don't want to because the first thing that comes into my head is an old, wrinkly man. Nobody wants to see that! Do you look at other girls on

Are you a topless sunbather?

the beach? Not obsessively but if somebody walks past, I can't help comparing!

Who has the perfect beach figure? I love Emma Glover's figure. She's got such a lovely tiny waist, great boobs and a lovely bum. She's just the right

amount of toned, I think. What's the most exotic thing you've done on holiday? I swam

with dolphins in Mexico! If Nuts hired you a holiday villa, what kind of party would you throw? I'd just want all the Nuts girls there. The place we went to last time we were all playing pool and darts topless!

Have you ever been skinnydipping? No, but there's always India! I might do it this year.

Whose boobs have you not seen yet but would like to? I've not worked with Sabine yet. She's from Latvia, so she's got that nice foreign look about her. Thanks, Holly! Finally, when

you're away, what do you miss most about home? A good cup of tea. I love a nice brew!

TURN FOR MORE BEACH BABES!



















Nuts EXCLUSIVE!

Crouch: 'I'm the Mario Kart king!'

The England striker on fantasy signings, Fifa 11 and Super Mario!

i Crouchy! What are you up to now that the season's over? Well, at the moment, I'm here at the launch of the Mars Just Play programme, aimed at getting more adults playing football. Then I plan to go away, relax, play a bit of golf, and spend time with the girlfriend. I'll speak to a few of the boys but, to be honest, it's nice to get away from football sometimes. And no, I'm not telling you where I'm going! Are you going to pig out and have a couple of beers? You can relax a bit but preseason's very hard and it's always on your mind, so you can't let yourself go too much. Over the summer months,

do players pay attention to



and get excited about new players who may be joining the club? Yeah, of course. It's part and parcel of being in a top team. You always have competition for places and, hopefully, we can keep hold of our top players and add to the squad. I've been linked to here, there and everywhere. I get texts asking if it's true, and a lot of the time I haven't heard anything about it! If you were able to bring anybody to Spurs, who would it be? That's a difficult one! I don't know who's available but I admire Barcelona, so it would probably be one of Messi, Xavi or Iniesta. They have so much talent. Everyone in England discusses these players – I think we can all learn from them.

Do you ever try to persuade players like Luka Modric and Gareth Bale to stay? Yeah. Gareth and Luka are great lads and I think they're happy where they are. Unless someone comes in with crazy money, I can see them staying at Spurs next season.

Have you also had a word to try to keep 'Arry in the boss' seat? Whenever a manager's doing well, especially an English manager, he's going to be linked to the England job. I've worked with Harry

a few times now and he's always got the best out of me. Obviously, we want him to stay here but he'll be great at whatever job he's in.

Who are the Pro Evo and Fifa 11 kings in the England setup? There's a bit of a skill tournament going on. I'm not involved in it, though. Rio, Ashley, Darren Bent and Rooney play. It's usually quite even. The lads sometimes even talk about it over dinner, they love it that much! Sergio Ramos said during the World Cup that Spain played as England on Fifa, put you up front and got shirts with your name on the back! Yeah, I heard that! I still speak to Pepe Reina but after this season's Liverpool game, I couldn't ask him as we beat them and I didn't think he was in the mood to speak!

It's been a while since your trademark goal celebrations were seen. Are you working on any new ones? Not at the moment, no! The robot was a special one-off, so I'll leave that be!

Did you know that on Fifa 11, the combination of you and Defoe for Spurs is almost unstoppable? Ha-ha! I've heard about this!

But put you and Robbie Keane together and you're useless. I'll bear that in mind, thanks! I'm much better at Mario Kart. I play as Yoshi, the lizard in the smaller cart, every time. A few of us play it but I'm easily the top seed at Tottenham.

"He's! Crushing!

My! Hand!"

Hang on. Are you saying...
...That there's a Mario Kart

seeding system at Spurs?
Yes! I'm number one, then
it's Jermaine Jenas, then Tom
Huddlestone and I suppose
Michael Dawson's OK.

Rooney's new posttransplant hair? What do
you think of it? Ha-ha! No
comment on that. Good luck
to him, it all makes him a bit
more interesting. I might
go for a Bobby Charlton
combover myself – he scored
a few goals! Fair play to
Wayne for being open about
it. It's his decision and I'm
sure it's going to look great.
Thanks, Peter! Finally,
do you all still call Ledley
King "the king of Nuts"

do you all still call Ledley
King "the king of Nuts"
at Spurs? Ha-ha! I've never
called him that. It might
have been before my time,
I'm afraid!

The FA and Mars Just Play programme aims to get 150,000 new participants playing the game for at least 30 minutes a week by September 2013. Search online for Just Play.





Sexiest Wimbled





you where she's from, all we'll say is "Czech"

out how hot she is! Sorry.

RATING:



honest. Let's hope she wins and celebrates by

going naked. She probably won't.

RATING:



n babes.

top-notch female tennisers!



ELENA VESNINA

Elena hails from Russia, where it's usually freezing cold and all the buildings look like they're made from shoeboxes. But she got to the Wimbledon final last year, which means we might get to see plenty more of her this time!

be tont gardens @

RATING:

starts on Monday, and while we're as partial to sitting around in the sunshine eating strawberries while watching tennis balls fly about as the next man, the main reason we'll be watching events is that

seem to get hotter! Here's our round-up of the sexiest girls to keep an eye on as they bend over lots and look suggestively at ... er, we mean play tennis very well!

Wimbledon

Mon 20 June, Noon, BBC2/HD



Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

eal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines.
 That's up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

He won big!

David R won £58,236 on Deal or No Deal!**

"I was so shocked,
I took the day
off work. It's so
hard to believe
this is all real!"



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window dealing has begun in earnest, and already we've seen that, when it comes to emerging young English talent, clubs are prepared to pay big money indeed. The moves involving Jordan Henderson and Phil Jones total almost £40million, and this is for two players who only have one international cap between them! It shows

Let's see some more big moves in the window!"

Alex Ferguson are planning long-term. While neither addition will particularly excite the fans of the two clubs, there can be no doubt that homegrown youngsters are at a real premium.

think that both clubs have paid over the odds for their two new additions, and having spoken to Liverpool fans over the past week, it's fair to say they're a little underwhelmed. The Anfield faithful want to see immediate success and big-name established stars, especially after the pain of seeing Man United eclipse

King Kenny's an experienced manager, though, and they need to trust him. I'd say Henderson's worth more like £10million than 20, but Kenny must rate him to bring him into a side already bursting with central midfielders.

As for Phil Jones' move to Old Trafford, I remember his then-boss Sam Allardyce telling me a couple of years ago that he was going to be quite a player, and now he's on the biggest stage imaginable.

It's been a good start to the transfer window, now let's see some more big moves!

Capello hasn't got a clue!

I thought it was embarrassing and shocking that England boss Fabio Capello recently blamed the poor performance of his side on the players being tired. They blatantly weren't, and we immediately saw Javier Hernandez go and score a hattrick for his country a few days afterwards - he's played plenty of games this season! I cannot imagine Harry Redknapp making those excuses after a poor result. I think that tells you everything about who I want to see as England boss!



Kammy needs you!

Send your jokes, pics etc to kammy@ipcmedia.com. The sender of the best each week will win a signed Nuts T-shirt!



MAN-LYVE CORNER!









i Roy! If you hadn't been a football manager, what career would you have had?

I would have probably been a physical education teacher.

What was your first car?

A Mini.

What was the last music you bought? A Caruso tape. What's your TV guilty pleasure? My time these days is divided between Location, Location, Location and football. There's not too much in between, except for the odd drama series and the odd detective series, which I like. If you were going to sing

a song at Karaoke, what would it be? I'll Take You Home Again, Kathleen.

What's the nicest place you have ever visited? I've been to so many that it's almost an

impossible question to answer. Lake Como would come close. Have you ever been mistaken for anyone else who is also famous? When I was younger, a girl told me I looked like Tommy Steele but I didn't know whether to take that as a compliment or an insult! If you could throw a dinner party for any three people in history, dead or alive, who would they be? Well, we'll be talking about books so I'll give you three authors: Robert Levy, Philip Roth and John Updike.

What would you cook?
I'm afraid I don't cook at all.
I wouldn't dream of insulting them with my cooking!

Visit the Dugout at www.yahoo. co.uk/dugout for interviews with top football managers

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QUOTE MEONTHAT!

This week's biggest match debaters!

"When defenders get ran at, they're not as great as what they are"
Paul Merson runs into a few language problems.



Joe Hart definitely hasn't got the Lynx effect.

"Which of the Barca players would I take to United? That's the most stupid question I've ever heard. I'd take Mascherano"

Sir Alex does sarcasm.



"How good Joe Hart is reminds me of an episode of Come Dine With Me" David James supplies the season's

"You'd struggle to get the ball off Messi in a phone box"

Er, Merse, what's he doing in a phone box then?

"Lionel Messi has got funny little legs" Harry Redknapp spots Messi's flaw.

"Darren Fletcher has got great legs and is such a fit guy" Jamie Redknapp's got a man crush!

> "Pep Guardiola has got a hairdryer in his locker

"It's about what you say, not what you say"

What are you saying, Steve McLaren?



"I've taken so many pills. I've got more in me than Ozzy Osbourne"

Andy Murray is starting to rattle.



"At the start of the season Man United set out their stool"

Dwight Yorke on the Old Trafford seating crisis.

'OO-ER SOUNDS A BIT RUDE' CORNER!

"Ann Marie was more than a handful"

England captain Faye White admires a wellendowed

"Pedro ties you down and penetrates you"

Gary Neville reveals the Barca star is a bondage fan.

always wants the ball even if he's got one or two men up him"

John Terry on the een Arsenal star.

NUTSREALGIRLS

THE BEST OF BRITISH HOTTIES!



EMMA 25, Norwich, dancer

"I once had sex during the day on the Norfolk Broads. It was very naughty as there were lots of boats sailing by!"

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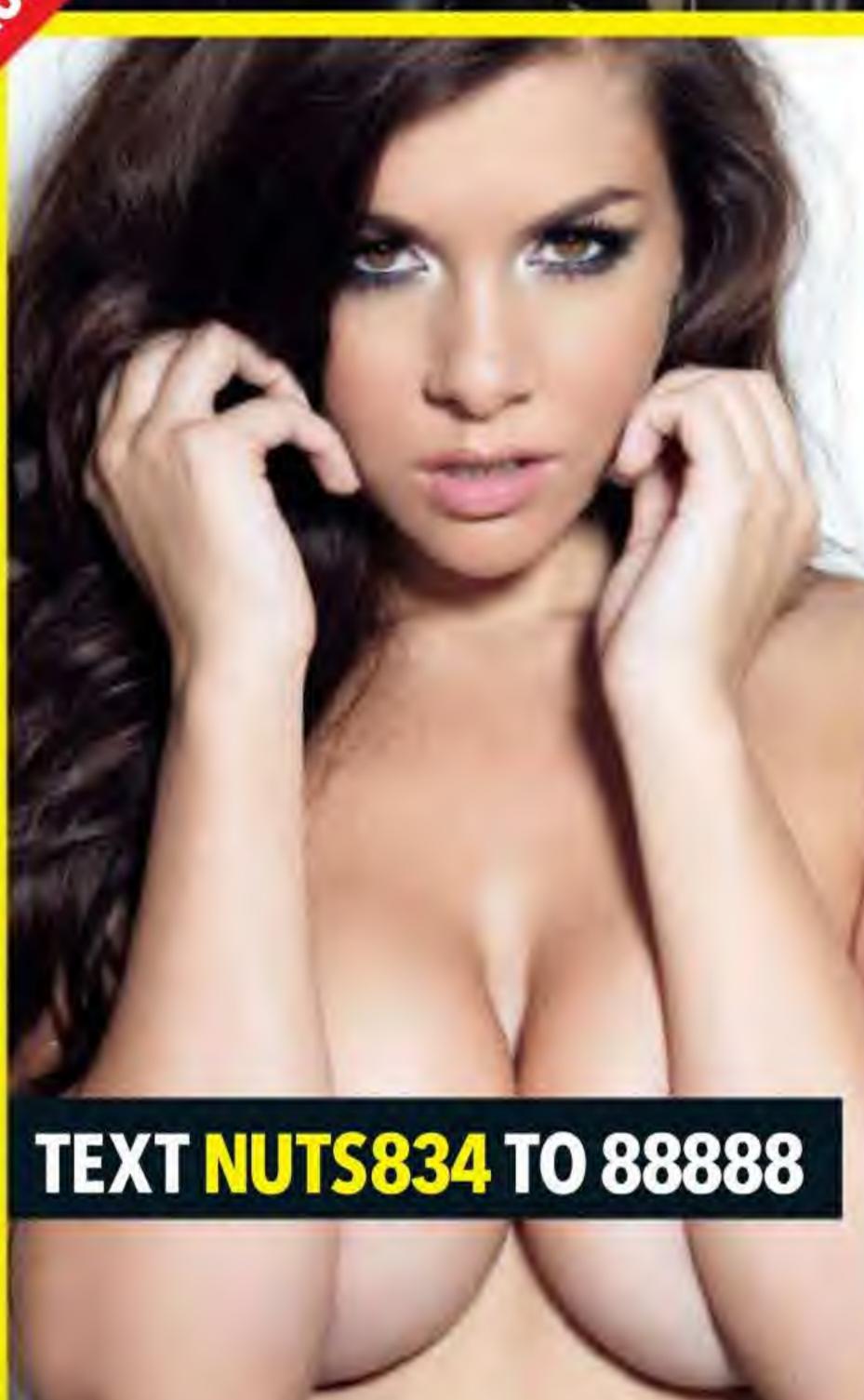
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Ladies, send us your pictures! Send your photos to Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN Nuts!



Kayleigh
22, Birkenhead, bank worker
"I'm a member of the mile-

"I'm a member of the milehigh club! It's the naughtiest place I've done rude things!"



20, Eastbourne, sales
"I'd give a bloke a romantic
dinner, then serve up dessert
in the bedroom!"



20, Epsom, nurse
"I really love my boobs and
I love to show them off
at every opportunity!"



23, Derby, driver

"To give my man a night to remember, I'd put on a sexy outfit and some lingerie!"



Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of Nuts! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

REAL GIRLS, Nuts! REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 70. You must be at least 18 years old.

THIS WEEK:

Name: Liana Age: 24

Boobs: 32DD. "The bigger

the better!"
Likes: "Pretty boys!"

Ever kissed a girl?
"To experiment!"

Strangest place you've had sex? "On a balcony!"

Sex tip:

"Kiss my back!"

Liana's saucy tour of Slip End

Yes, that's a real place and she's a real fittie!



Liana on

Liana on... her home!

"We're in Bedfordshire. It's cosy and very quiet. I live by myself, which is fun because I can do what I want but I do get a bit lonely sometimes!"

Liana on... sleeping late!

"I go to bed late and get up late. I stay up chilling out, watching movies and looking at Facebook! I'm a snuggler but I nick all the duvet!"



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9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU Tel: 020 3148 5000 Fax: 020 3148 8107

Email us at: nutsmagazine@ipcmedia.com Website: www.nuts.co.uk

Editor Dominic Smith

Deputy Editor Nick Soldinger 020 3148 6941 PA/Office Manager 020 3148 6948

Editor-At-Large

Pete Cashmore 020 3148 6940

Associate Editor – Features Mark Spence 020 3148 6952

Associate Editor - Entertainment Sam Riley 020 3148 6921

TV Editor Danielle Graph 020 3148 6944

Associate Editor - News Rory Buckeridge 020 3148 6917

Acting Sports Editor Tim Bradley 020 3148 6951

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Simon Freeborough 020 3148 6934 Barney Hammond 020 3148 6933

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Art Editor

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Deputy Picture Editor Daffydd Bynon 020 3148 6928

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Online Picture Editor Adrian Callaghan 020 3148 6851

Production Editor Marc Gadian 020 3148 6915

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Chief Sub Editor David Kenning 020 3148 6916 Sub Editor – TV Listings Mike Hall 020 3148 6946

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ADVERTISING & PRODUCTION

Group Trading Director Kate Mackenzie 020 3148 3670

Group Advertising Director's PA

Claudia Lopes 020 3148 3670 **Digital Business Director**

Andrew Sanders 020 3148 6716

Head Of Agency Sales Rob Freeman 020 3148 6708

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Agency Sales Team

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MARKETING

Press Enquiries Ben Bolton 020 3148 5402 Syndication Sales Executive Cerie McGee 020 3148 5484

Senior Marketing Manager Sam Wight 020 3148 6780

PUBLISHING

Chairman and Chief Executive Sylvia Auton

Publishing Director Jo Smalley Managing Director Paul Williams

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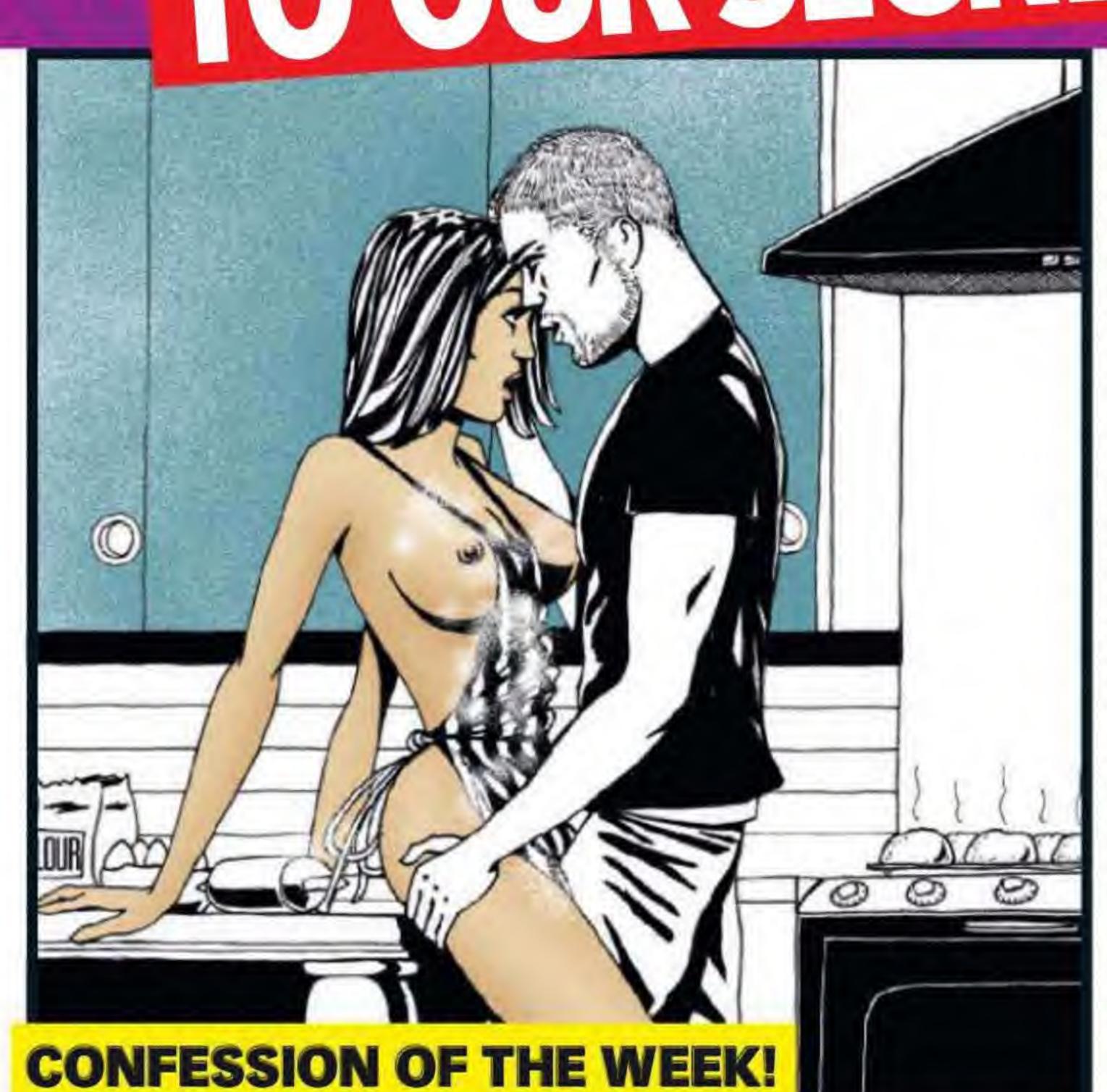
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BACK ISSUES For all Nuts back issues, call John Denton Services on 01733 385170, fax 01733 239356

WorldMags

IT'S LOU!



"He rubbed flour on my boobs"

About a month ago, I was making bread rolls. It was a hot day and with the oven on, I decided to bake naked. As I was kneading the dough, my boyfriend came home from work unexpectedly, catching me covered in flour and wearing only my apron. I noticed how hard he'd got walking in on me and I giggled as he lifted me onto the kitchen side. He began kissing my neck, while his hands roamed over my thighs. I was so wet by the time he slipped his fingers inside me, but he made me wait until I was moaning and begging him to take me before he entered me. I had the most intense orgasm of my life as he thrust inside me, rubbing excess flour from the side over my boobs!

Fran, Manchester

"We ended up in the shower"

On holiday recently, I spotted a hot Spanish bartender. After drinking a few cocktails and exchanging glances for a while, I invited him to my hotel. When we got there, my room-mate was already asleep in her bed, but she was forgotten as soon as we walked in. He immediately threw me onto the bed, rubbing his hard member against me

and getting me wet before he slipped on a condom and pushed deep inside me. I looked over to my friend and could see that she had woken up and was stroking herself under the covers. He noticed her and led me into the shower, nodding to my friend to join us. We got him all soapy then I watched as she dropped to her knees and took him in her mouth. I bent over while he stroked me and I carried on rubbing soap over her while she pleasured him. We all left the shower with big smiles on our faces and we never told anyone about our saucy Spanish secret!

100%

Emma, Chester

"I watched us in the mirror"

My man and I were in the middle of a shop recently when, suddenly, he pushed me into a corner behind a clothes rail and gave my bum a squeeze. He then began rubbing the front of my short skirt and as I was going commando, the feeling was immense! I was feeling really horny and pulled him into a changing room. He soon had his fingers inside me and I moaned with delight. He took me from behind as we watched ourselves in the mirror and then I sunk to my knees to catch his warm liquid in my mouth, keeping one eye on the mirror as I did so. I was turned on so much that we later bought a huge mirror to fix on the bedroom wall at home!

Zoe, Surrey

"Sunbathing got me horny"

My boyfriend and I were in our back garden recently, enjoying the wonderful scorching sun. We had a couple of drinks and it wasn't long before I began to feel really horny. I felt like such a bad girl as I flashed him my knickers and the occasional nipple. He gazed into my eyes, giving me the dirty look, so I could tell he was feeling horny, too. I moved over to him and began kissing his neck, then made my way downstairs. I pulled his tracksuit bottoms off with my teeth then took him deep into my mouth, gently tugging at his balls with my free hand, which made him groan. I pleasured him for a while, then he turned me onto my back and started playing with and biting my hard nipples. Sliding his fingers inside my panties, he played with me until I was close to orgasm. At this point, he slid himself inside me and rode me hard until I came with a big squeal! It was great but I hope the neighbours didn't see us!

Leah, by email

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ ipcmedia.com or to the address on page 70. The best one each week* wins £50!

Come on, girls!





FASHIOR

Get festival-ready with these swanky sandals!

LACOSTE £15

Not keen on bright prints? Try these instead.

10 flip flops

GRAFFITI £25 Pricey but awesome!

HAVAIANAS

GEORGE AT ASDA £4

Pick these up on your weekly shop.

LRG £15

Get yourself to Ibiza in these beauties!

NEW LOOK £7

Sling these on with some cargo short



WorldMags

GAMES! New gameplay modes include Master Quest and Boss Mode THE LEGEND OF ZELDA: OCARINA OF TIME 3DS

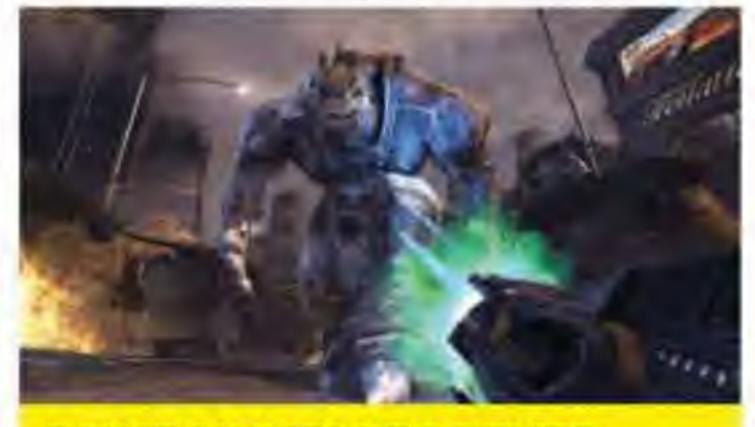
tale that sees you hacking monsters while collecting magical trinkets. With the 3D making you feel like you're wandering the countryside of Hyrule, this game alone is almost all time, Ocarina of worth buying a 3DS for. A work of monumental genius. ***



CHILD OF EDEN XBOX 360



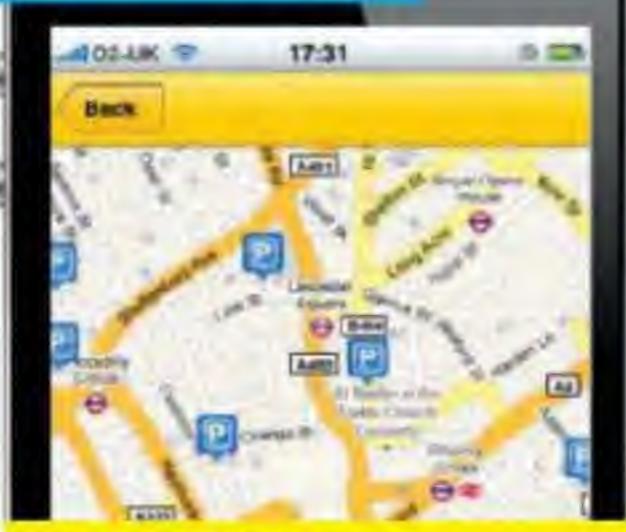
Use your hands as guns while being showered in light and techno. It's trippy, but blistering action makes you say "Yes!" ★★★★



DUKE NUKEM FOREVER PC, PS3, XBOX 360



The return of the cigar-chomping, booze-guzzling berk who saves the world from alien invasion. Oldschool fun! ★★★



AA PARKING IPHONE, IPOD, IPAD, ANDROID



If finding a parking spot stresses you out, this ace app is a must-

buy - it points you in the direction of all the car parks in the UK and Ireland! ***

BBC IPLAYER IPAD, ANDROID, BLACKBERRY



Forgotten to set the Sky+? Well don't panic, because this brilliant

freebie lets you watch the past week's worth of Beeb telly easily and effectively! ***

DVDS/BLU-RAY!

A planet-sized

adventure that

Time was released on the N64

back in 1997. It's a time-bending

many consider the

greatest game of



PAUL DVD & BLU-RAY CERT 15



Put the director of Superbad with the comedy-writing talents of Simon Pegg and Nick Frost, and you get one of the most

hilarious films of the year! Pegg and Frost star as a pair of nerds on a UFO-spotting trip to the US, who encounter an alien along the way. Crammed with sci-fi references and laugh-out-loud gags, it's a must for your collection. ****

TRUE GRIT DVD & BLU-RAY CERT 15



The Coen Brothers' remake of the John Wayne classic, starring the brilliant Jeff Bridges as a US Marshal on the hunt for a killer. ★★★★

JACKASS 3.5 DVD & BLU-RAY CERT 18



Ace accompaniment to Jackass 3D, featuring unused footage from last year's stuntfest. Wince-inducing, hilarious fun. ***

CROSS OF IRON

DVD & BLU-RAY CERT 18



Brutal classic about the German Army's struggle against the Soviets in the Second World War. Essential bloke viewing. ****

MUSICI



BROOKES BROTHERS BROOKES BROTHERS



The breakbeat types unleash a corking debut, including a 2011 reworking

of their dancefloor anthem Tear You Down. ★★★★

VARIOUS ARTISTS PUKKA UP: IBIZA LOVES ME



THE Ibiza collection of the summer, with dancefloor detonators

from the likes of Tensnake and Mousse T. Lovely. ****



It's full of ace one liners – "I don't know what you've heard but I don't eat muff pie!"

BAD TEACHER CERT 15

Cameron Diaz proves she's still hot to trot in this naughty comedy about a lazy, dopesmoking, mucky-mouthed teacher who's more interested in falling asleep at her desk than following the school curriculum. Desperate for boob-job cash to help her snare rich dweeb Justin Timberlake, Cam runs for teacher of the year with hilarious results!

Oh, and there's also the small matter of the sauciest car wash we've ever seen. Phew!





GREEN LANTERN
CERT 12A

Comic-book fun, with pilot Ryan Reynolds getting a ring that gives him super powers. And his girl is Blake Lively. Jammy git! **

Nuts PROMOTION

When Bridesmaids go bad!

Ignore the girly title - go and see the film!

of our favourite comedy movies ever, but what would it have been like if it was ladies dealing with prewedding and hen party chaos? Well, now we know! New from comedy genius Judd Apatow, Bridesmaids stars Saturday Night Live's Kristen Wiig and The IT Crowd's Chris O'Dowd, and is a wild ride through the worst the big day can bring! Take your missus – it might put her off getting hitched forever!

To download your Bridesmaids tickets, go to www.TellTen.co.uk and enter code: 426886



A UNIVERSAL PICTURE © 2011 U

All that's best on the box for blokes!

7-DAY TV LISTINGS **GUIDE!**

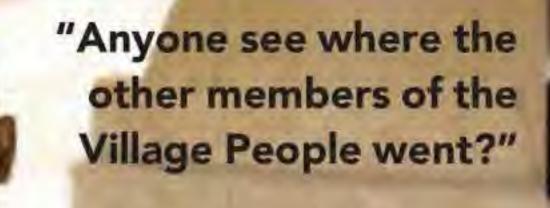


"You're sure this'll cure my piles, doc?"

SATURDAY

Laughs with Lee!

Lee Mack's All Star Cast BBC1, 9.10pm





Jackson plays bad cop!

Lakeview Terrace Channel 5, 10pm



TUESDAY

Brilliant detective drama!

Luther BBC1, 9pm

The serial killer returns!

Dexter FX/HD, 10pm

FRIDAY

TODAY'S MUST-SEE TV PICKS!



8 Out Of 10 Cats

COMEDY Channel 4, 9pm The comedy panel show's back.

And since host Jimmy Carr and captain Sean Lock are two of the planet's funniest men, this is as good as it gets! ***



Wall Of Fame Sky1/HD, 9pm

COMEDY

Look, it's another comedy panel show! This one's hosted

by Little Britain bloke David Walliams and points the finger of fun firmly at the silly celebs we're always hearing about. ***



Dexter FX/HD, 10pm

DRAMA

Ace! Dexter's back and it picks up where it left off.

Dexter's wife has been murdered and he's left holding the baby. Super twisty-turny, this is the best season yet! ***

8 B C one

6am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 LIVE Royal Ascot: The fourth day of the festival. 3.20 BBC News, Weather, Regional News 3.25 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 The Pink Panther Show (R) 12.00 noon Daily Politics 12.30pm GMT with George Alagiah 1.00 His Girl Friday: Comedy starring Cary Grant and Rosalind Russell. 2.35 Animal 24:7 (R) 3.20 Royal Ascot 5.15 Cash in the Celebrity Attic (R) 6.00 Eggheads (R) 6.30 Britain's Empty Homes (R)

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 6.00 Regional News, Weather 6.30 ITV News

7.00 Emmerdale

Sheep-herding nonsense.

More rubbish in the Rovers.

your best option.

7.30 Coronation Street

8.00 Love Your Garden

And your remote. Flick to Sky1 - it's

8.30 Coronation Street

9.00 Paul O'Grady Live:

An interview with the nutty pop star.

10.00 ITV News, Weather

Lady Gaga Special

Cobbled-stone claptrap.

6.10am The Hoobs (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends (R) 9.25 Back to You (R) 9.55 Location, Location (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon Channel 4 News Summary 12.05pm Kirstie's Homemade Home (R) 1.00 Open Film Club (R) 1.05 D-Day the Sixth of June 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.05 Extreme Fishing with Robson Green - At the Ends of the Earth (R) 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Chinese Food in Minutes (R) 3.20 TIM The Wild Girl: Period drama starring Brian Austin Green. 5.00 5 News at 5 5.30 Neighbours (R) **6.00** Home and Away (R) 6.25 OK! TV 6.55 5 News at 7

7.00 The One Show Topical stories.

8.00 EastEnders

More angry Londoners go around threatening to smash each other's heads in. As usual.

8.30 A Question of Sport

With wrong-faced occasional football manager lain Dowie. (R)

9.00 My Family

Gentle comedy. The kind your Gran watches. Avoid!

9.30 Miranda

Rubbish comedy. The kind people with no taste watch. Avoid! (R)

10.00 News, Weather

10.35 The Graham **Norton Show**

With guests including Cameron Diaz and Kathy Griffin.

11.20 The National Lottery Friday Night Draws

Presented by OJ Borg.

11.30 The Last Castle

Prison drama starring Robert Redford as an inmate in a military prison who gets his fellow cons to help him rebuild a historic wall. It's not bad. And it stars Tony Soprano.

7.00 **Coast**

Nick Crane and the team visit the Devon and Cornwall coastlines. Turns out they look exactly the same as any other. (R)

8.00 Gardeners' World

Monty Don sows dahlias and tends to his roses, while we nod off.

9.00 The Kennedys

NEW Drama starring Greg Kinnear and Katie Holmes as President John F Kennedy and his missus Jackie.

9.45 The Kennedys

Something tells us this is all going to end in tears...

11.00 The Review Show

A review of the Edinburgh

International Film Festival.

11.50 The King of

Martin Scorsese's old but

excellent black comedy starring

Robert De Niro as a talentless stand-

up comic who kidnaps a TV host to

get on his show. With Jerry Lewis.

Comedy

10.30 Newsnight

10.35 Maverick

A charming cardsharp tangles with a double-dealing adventuress and other adversaries while trying to raise the money for a high-stakes poker game. Mel Gibson stars.

12.50am The Zone

7.00 **News**

7.25 4thought.tv

7.30 **Jamie's 30** Minute Meals

Get yourself a microwave, Jamie you'll have a meal in three! (R)

8.00 Come Dine with Me

NEW Four amateur chefs compete/ slag each other off in Harrogate.

9.00 8 Out of 10 Cats

MUST SEE Ace! Jimmy Carr returns with the irreverent panel show.

9.30 King Of

Claudia Winkleman hosts a comedy chat show with guests.

10.00 Alan Carr: **Chatty Man**

The goggle-eyed comic's back for another series of toothy chat! Here, he talks to Jennifer Lopez, Jonathan Ross and David Haye.

11.05 That Peter Kay Thing (R)

11.40 PhoneShop

12.10am Music on 4: The Album Chart Show: Hard-Fi

12.45 Hollyoaks Music Show (R)

4.05 SPORT Motorsport Mundial: High-speed coverage. 4.30 Nick's Quest (R) 4.55 Rough Guide to Eco Escapes (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor (R)

7.00 Cricket

SPORT Action from the second day of the thrid Test between England and Sri Lanka at the Rose Bowl in Hampshire. Come on England!

8.00 Eddie Stobart: **Trucks and Trailers**

Mark Ashurst delivers fuel to a rival firm. Sounds dodgy to us.

9.00 Castle

US crime drama with Nathan Fillion as an author shadowing a New York detective he uses as the inspiration for his literary work.

10.00 Law & Order

A Russian immigrant dies of ricin poisoning. Nasty.

11.00 **CSI**: **Miami**

A man is found stabbed to death, handcuffed to a hotel bed. (R)

11.55 Rough Guide to Eco Escapes

Tree-hugging breaks in Morocco, Kenya and Nicaragua. (R)

12.15am SCXTRA

12.45 SuperCasino

7pm The Simpsons (R)

7.30 Futurama

Fry tries to clone his beloved dog Seymour. (R)

8.00 The Simpsons

Told you it'd be better than Love Your Garden. (R)

8.30 The Simpsons

Marge and Homer are invited on a weekend away at the Jersey Shore. (HD)

9.00 Raising Hope

Burt and Virginia try to help their neighbours. (HD)

9.30 The Simpsons Homer becomes part of a

comedy double-act. (HD)

10.00 Wall of Fame

MUST SEE Topical panel show hosted by David Walliams. (HD)

Blood and Sand (R)(HD)

10.30 Spartacus:

11.40 **Brit Cops**: Zero Tolerance (R)

12.40am Night Cops Plod by moonlight. (R)(HD)

FRIDAY'S SPORT

10.30am England vs Sri Lanka, Sky Sports 1. 10.30am Australian Rules Football, ESPN. 1.45pm Royal Ascot, BBC1. 3pm Golf, Sky Sports 2. 3.20pm Royal Ascot, BBC2. 7.30pm Rugby League: St Helens vs Wigan, Sky Sports 1.

1.35am The One Show (R) 2.40 Sign Zone: The Animal's Guide to Britain (R) 3.40 Two Greedy Italians (R) 4.40-6am BBC News

Nuites IV

18 JUNE SATURDAY



Lee Mack's All Star Cast BBC1, 9.40pm

COMEDY

Mack's a class act so this new show offering guests, music,

comedy and chat should work. Ace! ***



Braveheart channel 4, 10.05pm

Epic, thoroughly inaccurate telling of the tale of William Wallace,

a 13th-century Scottish peasant who rose up against the nasty English in a series of spectacular, bloody battles. ***



Enemy Of The State

BBC1, 11.25pm Daft, flashy and fun thriller with Will Smith as a lawyer on the run from shadowy

government types who believe he witnessed a politician's murder! ★★★★

8 B C one

6.00am Breakfast 10.00 Saturday Kitchen Live 11.35 Rachel Allen: Home Cooking (R) 12.00noon BBC News, Regional News, Weather 12.15pm Bargain Hunt 12.45 A Question of Sport (R) 1.15 SPORT British Olympic Dreams 1.45 UVE Athletics 5.10 BBC News, Regional News, Weather 5.35 Total Wipeout (R) 6.35 FILM Kung Fu Panda:

BBC TWO

6.00am CBeebies 7.00 CBBC 12.00noon FLLM The Journey of Natty Gann: Family adventure starring Meredith Salenger. 1.35pm Escape to the Country (R) 2.20 LIVE Royal Ascot 4.45 FILM PT 109: Factbased drama starring Cliff Robertson.

5.30am ITV News 6.00 CITV 8.25 House Gift (R) 9.25 Coronation Street 11.45 This Morning: Saturday 12.40pm Animals Do the Funniest Things (R) 1.40 ITV News, Weather 1.45 FLM On the Buses: Comedy starring Reg Varney. 3.25 FILM A View to a Kill: Bond adventure starring Roger Moore. 5.50 Regional News, Weather 6.00 ITV News 6.15 You've Been Framed! A to Z(R)

5.55am Sali Mali (R) 6.00 Treacle People (R) 6.10 The Hoobs (R) 6.35 The Film Show (R) 7.05 SPORT Superbikes (R) 7.30 SPORT MSA British Rallycross Championship 7.55 SPORT The Morning Line 8.55 T4: Friends (R) 9.25 Hollyoaks Music Show 9.55 Glee 10.55 Bad Teacher: T4 Movie Special 11.25 Friends (R) 12.00noon Style the Nation 1pm The Big Bang Theory (R) 1.55 (Channel 4 Racing 3.50) Come Dine with Me (R) 6.30 News

7.05 4thought.tv

7.10 Mean Girls

FILM A teenager is befriended by her

new school's most popular girls -

but her so-called pals turn on her

over a romantic mishap. Renowned

publicity-phobe Lindsay Lohan stars.



6.00am Milkshake! 10.00 The Gadget Show Shorts (R) 10.05 How Do They Do It? (R) 10.40 Extreme Fishing with Robson Green - At the Ends of the Earth (R) 11.40 FILM Objective, Burma! World War Two drama starring Errol Flynn. 2.25pm None But the Brave: World War Two action drama starring Frank Sinatra. 4.30 FILM The Missing: Western starring Tommy Lee Jones. 6.55 5 News Weekend

SPORT Willow-waving with the third

day of the last Test between England

McGee kills an undercover cop. (R)

vengeful killer wages a cyber war on

More crim-related bother as a

10.00 Law & Order:

Special Victims Unit

Benson and Stabler investigate the

healthcare workers. (R)

rape of a girl. Grim.

10.55 **CSI: Crime**

Stokes is kidnapped. (R)

Scene Investigation

and Sri Lanka at the Rose Bowl.

7.00 Cricket

8.00 NCIS

9.00 CSI: NY

7pm The Simpsons Ned Flanders' home is destroyed by a hurricane. (R)

7.30 The Simpsons An overdose of spicy food causes Homer to experience hallucinatory visions. (R)

8.00 Road Wars Police officers go speeding after more criminals. (R)

9.00 The Perfect Storm

FILM Fishermen fight for survival in freak weather conditions in the North Atlantic after ignoring hazard warnings. George Clooney stars. (HD)

11.00 **Brit Cops**: **Zero Tolerance**

Following police officers in Hammersmith and Fulham. (R)

12.00m't Road Wars A driver demolishes a house with his van. Careless. (R)

8.00 The National Lottery: Who **Dares Wins**

Animated comedy adventure.

Game show.

8.50 Casualty Chest-pounding antics.

9.40 Lee Mack's **All Star Cast**

MUST SEE Promising new entertainment show with the comic. James Blunt performs his new single. Oh, well - you can't expect perfection in the first edition.

10.20 News, Weather

10.40 Michael McIntyre's Comedy Roadshow

The posh comic introduces turns from Sarah Millican, Simon Evans, Jimeoin and Imran Yusuf. (R)

11.25 Enemy of the State

MUST SEE An encounter with an old friend derails a lawyer's life as he ends up framed for murder and pursued by government agents. Safe to say he's had better days. Will Smith stars as the stressed-out legal bloke. It's excellent, too.

1.35-6.00am BBC News

7.00 Flog It!

From Plymouth. (R)

7.30 Dad's Army

Ancient comedy guaranteed to have your folks in hysterics. Yep, it's a mystery to us too. (R)

8.00 Growing Up as a Kennedy - The **Home Movies**

Life in one of the 20th century's most powerful families.

9.00 Have I Got a Bit More News for You

Lead Balloon bloke Jack Dee keeps everyone in check. (R)

9.45 The Kennedys: A Culture Show Special A discussion on JFK and his family.

10.45 The Kennedys

Can anyone see a pattern developing here? This is a drama starring Greg Kinnear and Katie Holmes as President John F Kennedy and his missus Jackie. (R)

11.25 The Kennedys

More of the above. (R)

12.10 Evening

A woman recalls the weekend fifty years earlier when she met the love of her life. Someone's in for a long night. Vanessa Redgrave and Clare Danes star.

7.15 **Odd One In**

Comedy game show hosted by Bradley Walsh. There was something strangely inevitable about that.

8.00 Penn & Teller: Fool Us

The magicians challenge guest illusionists to outwit them with mind-boggling tricks. The scamps.

9.00 The Marriage Ref

NEW Couples take humorous domestic disputes to a celebrity panel. Dermot O'Leary hosts. Well, it'll keep a roof over his head till The X Factor starts up again.

10.00 ITV News, Weather

10.15 **Notting Hill**

our worst nightmare.

FILM Romantic comedy starring

Julia Roberts and Hugh Grant, AKA,

As she prepares for her wedding to Leontes, Guinevere's home is ransacked by raiders and she seeks the king's protection.

9.00 Camelot

10.05 Braveheart MUST SEE Historical epic directed by and starring Mel Gibson. Medieval Scottish hero William Wallace fights to drive the English

from his country. Treat it as a work of fiction and you won't go far wrong.

11.55 Inside Hollywood Magazine show.

12.10am SCXTRA

12.40 SuperCasino

SATURDAY'S SPORT

10.30am England vs Sri Lanka, Sky Sports 1, 11.30am Rugby Union. Sky Sports 2. 2pm Rugby Union, Sky Sports 2. 4.15pm Rugby Union, Sky Sports 2. 7pm Golf, Sky Sports 2. 7.30pm Iceland U-21s vs Denmark U-21s, Sky Sports 1.

SUNDAY'S SPORT

10.30am England vs Sri Lanka, Sky Sports 1 12pm World Rally Championship, ESPN. 1.45pm Athletics, BBC2. 6.30pm Golf, Sky Sports 2. 7.30pm MUST-SEE England U-21s vs Czech Republic U-21s, Sky Sports 1.

That Rocks

12.30am The Choir

Documentary about the Rock Choir singing group. Don't ask. (R)

1.30 The Zone 3.30 In Plain Sight 4.15-5.30am ITV Nightscreen

1.25am FILM Night Watch: Horror. 3.20 Bob's Burgers 3.45 Bob's Burgers 4.10 Hill Street Blues (R) 5.00 Wogan's Perfect Recall (R) 5.25-6.10am Countdown (R)

4.00 Rough Guide to Bang for Your Buck 4.10 Great Scientists 4.35-5.00am HouseBusters

SUNDAY 19 JUNE



Hitman Channel 4, 10pm

Thumbs down on its release, but we reckon this is a corking action fest about a hitman on the run. It's got great guns, great action, and a great babe in former Bond girl Olga Kurylenko. ***



England vs Czech Republic sky Sports 1/HD, 7.30pm

SPORT The last of England's U21 group games. They were second two years ago, so will have high hopes. ★★★★



TODAY'S

MUST-SEE

Hawaii Five-0

Sky1/HD, 9pm Sean Combs aka P Diddy guest-stars as undercover cop Reggie, who's out for bloody revenge after his missus meets the

reaper at the hands of an enemy. ★★★★

8 6 C one

6.00am Breakfast 9.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Tracks 12.00noon The Politics Show 1.05pm EastEnders 3.00 Cash in the Celebrity Attic (R) 3.45 Escape to the Country (R) 4.45 Lifeline 4.55 Songs of Praise 5.30 My Family (R) 6.00 NEW Horrible Histories with Stephen Fry: Highlights from the award-winning sketch show. 6.30 BBC News, Regional News, Weather

TWO

6.00am CBeebies 7.00 CBBC 11.30 Flog It! (R) 12.30pm [IIII] Athletics: Running and things, from Stockholm in Sweden. 5.30

5.30am ITV News 6.00 CITV 8.25 May the Best House Win (R) 9.25 Dickinson's Real Deal (R) 10.25 60 Minute Makeover (R) 11.30 This Morning: Sunday 12.30pm Dinner Date (R) 1.25 ITV News, Weather 1.35 Survival: Tales from the Wild 2.30 Inspector Morse: Crime drama with John Thaw. (R) 4.35 Midsomer Murders (R) 6.35 Regional News, Weather 6.45 ITV News

6.10am The Hoobs (R) 6.35 SPORT That Paralympic Show (R) 7.00 SPORT The Grid 7.25 SPORT Blenheim Triathlon 7.55 T4: Style the Nation 8.20 The Crush 8.50 Hollyoaks 11.20 Friends (R) 11.50 WWW Wretch 32's RockCorps: You Decide 12.05pm Glee (R) 1.05 The Simpsons (R) 2.00 Four in a Bed (R) 4.35 Help! My House Is Falling Down (R) 5.35 Deal or No Deal 6.30 News 6.55 4thought.tv



6.00am Milkshake! 10.00 Animal Rescue Squad (R) 10.20 Police Interceptors (R) 11.20 The Restaurant Inspector (R) 12.20pm Eddie Stobart: Trucks and Trailers (R) 1.20 FILM Ten Wanted Men: Western starring Randolph Scott. 2.55 COM Operation Crossbow: World War Two action drama starring George Peppard. 5.10 FILM Police Academy 4: Citizens on Patrol: Comedy. 6.55 5 News Weekend

Action from the fourth day

of the third Test between England

Kevin Costner is Robin Hood,

but with an American accent! Still,

it's miles better than Ridley Scott's

recent version with Russell Crowe.

10.50 Secret Window

Stephen King, starring Johnny

accused of plagiarism by a

Thriller based on the book by

Depp as a writer who finds himself

menacing stranger. It's not great.

and Sri Lanka at the Rose Bowl.

8.00 Robin Hood:

Prince of Thieves

7.00 Cricket

7pm Kylie Live in 2011 Aphrodite Les Folies

The pop star's stage show recorded at London's O2. (HD)

9.00 Hawaii Five-0

MUST SEE This one guest stars MrP Diddy himself! (HID)

10.00 Mad Dogs

The friends realise the gravity of their situation. By the way, they're recording the second series of this right now! (R)(HD)

11.00 Cop Squad

Docu following the work of Cambridgeshire cops. (R)

12.00m't Lie to Me Lightman helps a woman with early-onset Alzheimer's piece together her past. (R)(HD)

7.00 Fake or Fortune?

The origins of potentially valuable works of art. We think the cover of this magazine falls into that category. It's truly classic art.

8.00 Countryfile

Exploring the countryside. Thanks, but we'd rather be exploring the inside of a pub. Off we go!

9.00 Case Histories

Jackson is involved in a train accident while investigating an allegedly unfaithful wife.

10.00 News, Weather

10.25 Moving On

A woman's obsession with cosmetic treatments puts her marriage in jeopardy. Possibly because she no longer looks like the woman her husband married?(R)

11.10 Andrew Marr's Megacities

Transport routes in heavily populated regions. Yawn. (R)

12.15am **Sign Zone**: The Apprentice

Alan Sugar challenges the teams to create and publish a free magazine This magazine-making malarky is not as easy as it looks! (R)

2.15 A History of Ancient Britain (R)

3.15-6.00am BBC News

10.00 Something for the Weekend Decision at Sundown: Western. 1.45 BBC Cardiff Singer of the World 2011

8.00 **125** Years of

Wimbledon: You

9.00 **Coast**

Cannot Be Serious

A history of the annual tennis

tournament. We knew a bloke who

McEnroe screamed at him "Are you

even alive?" True story, Nuts readers.

From Holland, but not Amsterdam,

so we're not interested. Bye!

10.00 Mock the Week

Dara O'Briain hosts while panelists

are Chris Addison, Micky Flanagan,

Ed Byrne and Diane Morgan. (R)

10.30 The Shadow Line

Bede tries to complete his final drug

deal as Julie's condition worsens. (R)

11.30 Disgrace

FILM Drama starring John

Malchovich and Jessica Haines.

In post-apartheid Cape Town, a

interest to us. Give it a miss.

The Super League Show

professor is forced to resign after

interviewed John McEnroe once.

7.00 The Royal

Dr Ormerod is arrested on suspicion of murder after a patient dies. D'oh!

8.00 Popstar to Operastar

Chins wobble, chests rise - yep, it's D-list singers trying their luck at becoming the next Go Compare ad singer. Or something like that.

9.00 Scott & Bailey

Adult film star Vicky Birkinshaw is arrested for killing her husband and cop Rachel has to go through the suspect's porn collection. Incredibly, this sounds a lot more interesting than it actually is. Avoid!

10.00 Popstar to **Operastar: The Results**

Goodbye, whoever you are. You failed at pop music and now opera. Maybe time to give it up, eh?

10.30 ITV News, Weather

10.45 Bonnie and Clyde

Really old gangster thriller starring Warren Beatty and Faye Dunaway as the legendary Depression-era outlaws.

12.45am The Zone

7.00 Four Rooms

The dealers are asked to bid on a 7ft-long stuffed Victorian turtle, Vivienne Westwood hats, and a suit worn by Sean Connery. We'll give them a fiver for the lot, especially the turtle. We want the turtle. (R)

8.00 The Day the **Earth Stood Still**

Very average sci-fi action thriller starring Keanu Reeves as an alien (not hard to believe) and Jennifer Connelly as an astrobiologist who befriends him and tries to convince him to save Earth and mankind. OK, but it lacks a bit of punch.

10.00 Hitman

MUST: SEE Timothy Olyphant is the cold-as-ice hitman who goes on the run after he's double-crossed. There're some spectacular guns and action scenes. Worth a watch.

11.45 **Stand Up** for the Week

Patrick Kielty presents the decent satirical comedy show. (R)

12.35am Father Ray Comes Out

An Anglican vicar as he reveals to his congregation that he is gay. (R)

12.40am Forensic

How forensic techniques help solve crime. (R)

Files

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having a relationship with a student. Can't say this sounds of any

1.15 Holby City: Medical misery. (R) 1.25am BBC News 3.15-4.00am

2.00 Motorsport UK 2.50-5.30am ITV Nightscreen

1.00 Dance for Eternity (R) 1.15 The Private Lives of Pompeii 2.35 Secret History: The Spanish Armada (R) 3.35 Ancient Egyptians 4.30 Men of Iron 5.25-6.10am Countdown (R)

1.10 Super in Moments

Casino 4.00-4.10am Meals

NUITES IN

20 JUNE MONDAY



Game Of Thrones

DRAMA
Sky Atlantic/HD 9pm
Catelyn questions Jaime about her son's fall. What'll he say? "He saw me snogging my sister, so I threw him out the window"? Unlikely. ***



Lakeview Terrace

Channel 5, 10pm Samuel L Jackson is on top form as a snarling LA cop who sets about making life hell for the young couple next door. If Jackson wants you to leave, you leave... ★★★★



Funny Or Die Presents sky Atlantic/HD, 10pm

More hilariously random DRAMA sketches, including a bank robbery that goes pear-shaped. ***

8 B C one

6am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic(R) 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Wimbledon: Day one of the ball-hitting tournament. 6.00 BBC News 6.30 Regional News Programmes, Weather

BBC TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 10.35 SPORT Wimbledon Review 2010 11.30 Daily Politics 12.00noon Will Wimbledon: The opening day. 3.25pm CBBC 5.50 Wimbledon: Racket-waving.

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News; weather 2.00 60 Minute Makeover: A home is transformed in Croydon. (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 NEW Dinner Date 6.00 Regional News, Weather 6.30 ITV News

6.10am Sali Mali 6.15 Hoobs 7.05 Freshly Squeezed 7.35 Everybody Loves Raymond 8.00 Frasier 9.30 Back to You 9.55 Location, Location, Location 10.55 A Place in the Sun: Home or Away 12.05pm Superscrimpers: Waste Not Want Not 12.35 River Cottage Bites 12.50 FILM The Drum 2.40 Baking Mad 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons 6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.05 Extreme Fishing with Robson Green - At the Ends of the Earth (R) 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 FILM Home Fires Burning: Small-town drama. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R)

7.00 The One Show

7.30 Saints and Scroungers

A woman who allegedly nabbed council money.

8.00 EastEnders

Billy makes a suggestion that leaves Julie stunned. We don't think we want to know.

8.30 Land of the **Bandits: Panorama**

Peter Greste visits Mogadishu, one of the world's most dangerous cities.

9.00 Case Histories Jackson is released from jail.

10.00 News, Weather

10.35 A Question of Sport

A Wimbledon-themed edition of the quiz. Sue Barker'll be in her element. Not us though. Next!

11.05 In with the Flynns Liam's daughter catches Chloe

kissing the boy next door. (R)

11.35 The Graham **Norton Show**

With Cameron Diaz. Still hot. (R)

12.25am **Sign Zone**: Wonders of the Universe (R)

1.25 Luther: Brilliant crime drama. (R) 2.25 Inside the Human Body (R) 3.25-6am BBC News

8.00 Today at Wimbledon

SPORT The opening day's play in the All England Championships. Expect lots of posh people to get all excited about Andy Murray pretty soon.

9.00 Made In Britain

NEW Evan Davis examines how Britain pays its way in the world.

10.00 Things You **Need to Know**

James May looks at the reasons for colds and hangovers. We could help him out in answering the second of those puzzles.

10.30 Newsnight

11.20 Growing Up as a Kennedy -The Home Movies

Life in one of the 20th century's most powerful families. (R)

12.15am The Tudors

Drama series about the early years of Henry VIII's reign. (R)

7.00 Emmerdale

Ella's shocked to find Declan waiting for her at the hotel bar. So would we be, if Declan was a sheep.

7.30 Coronation Street

Becky has a confrontation with Stella. We've had our confrontations with Stella too - usually several pints worth, every Friday night.

8.00 The Dales

"Ee, bah gum" etc.

8.30 Coronation Street Becky hits the bottle. We won't be

far behind her at this rate. 9.00 Four of a Kind

The UK's only identical quadruplets.

10.00 ITV News, Weather

10.35 Lethal Weapon 3

FILM Excellent comedy action thriller sequel starring Mel Gibson and Danny Glover.

12.45am The Zone

7.00 **News**

7.55 4thought.tv Religion and things.

8.00 Conservation's **Dirty Secrets:** Dispatches

Oliver Steeds investigates major conservation organisations.

9.00 Embarrassing **Fat Bodies**

Dr McKenna encounters three huge hernias. Sounds traumatic.

10.00 She's the Man

FILM Romantic comedy starring Amanda Bynes and Channing Tatum. Read that title again - do you really think this'll be any good?

12.05am Music on 4: Biffy Clyro: Live at Wembley

The band perform at Wembley.

12.35 **Poker**

SPORT Action from the Caribbean Adventure PCA Bounty Shootout event in the Bahamas.

6.25 OK! TV 6.55 5 News at 7

7.00 Cricket

SPORT Ball-slogging fun with the final day of the third Test between England and Sri Lanka at the Rose Bowl in Hampshire.

8.00 Police Interceptors

South Yorkshire's police interception unit use 20 cars and two helicopters in its pursuit of a reckless driver. What's he driving? The Batmobile?

9.00 The Restaurant Inspector

A Northampton eatery with waitressing problems and rubbish decor. Sort it out, people!

10.00 Lakeview Terrace

PREMIERE A cop begins a campaign of intimidation against an inter-racial couple in his neighbourhood.

12.15am **UFC 81**: Main Event

Action from the heavyweight bone-busting between Frank Mir and Brock Lesnar in Las Vegas.

a religious cult. (R)

7pm The Simpsons The family are brainwashed by

7.30 The Simpsons Homer helps Moe defraud his insurance company. (R)

8.00 The Simpsons

Guest starring Ricky Gervais and Russell Brand. (R)(HD)

8.30 The Simpsons

Homer goes undercover to win the trust of Fat Tony. (R)(HD)

9.00 Cop Squad

The work of police officers in Cambridgeshire. (HD)

10.00 Spartacus: **Blood and Sand**

Boobs and battles. What more could you want? (R)(HD)

11.10 Wall of Fame

Topical panel show hosted by David Walliams. (R)(HD)

11.40 Caprica

Joseph is dismayed about his promotion. (HD)

12.40am Caprica More of the drama. (HD)

MONDAY'S SPORT

10.30am England vs Sri Lanka, Sky Sports 1. 12noon Wimbledon 2011, BBC2. 1.45pm Wimbledon BBC1, 5.50pm W 2011, BBC2 6pm West Indies vs India Sky Sports 1. 12m't Major League Baseball, ESPN.

TUESDAY'S SPORT

12moon Wimbledon 2011, BBC2. 1.45pm Wimbledon 2011, BBC1. 3.55pm West Indies vs India, Sky Sports 1. 5.50pm Wimbledon 2011, BBC2. 7pm Glamorgan vs Essex, Sky Sports 1. 7pm West Indies vs India, Sky Sports 2.

1.10-3.25am BBC News

2.50 Nightwatch with Steve Scott (R) 3.40 ITV Nightscreen 4.35-5.30am The Jeremy Kyle Show (R)

1.35 24 Hours in A&E(R) 2.30 Embarrassing Bodies (R) 3.25 Bob's Burgers 3.50 Hill Street Blues (R) 4.35 Machines Time Forgot (R) 5.30-5.55am Perfect Recall (R)

1.15 SuperCasino 4.00 Meals in Moments 4.10 Michaela's Wild Challenge (R) 4.55 Rough Guide to Weekend Breaks (R) 5.10 Wildlife SOS(R) 5.35-6am House Doctor(R)

TUESDAY 21 JUNE



Luther BBC1, 9pm

Luther's sidekick, Ripley, has been abducted by the – how shall we say it? - freaking insane killer Cameron. Luther's a smart bloke, but can he save Ripley's life? Brilliant TV! ****



Lead Balloon BBC2, 10pm

COMEDY

Jack Dee is back for a fourth series as failed comic Rick

Spleen. With his missus' profile now greater than his, Rick tries to muscle in on her action. Super cringey TV. ★★★★



TODAY'S

MUST-SEE

TV PICKS!

Angry Boys BBC3, 10.30pm

Aussie comic Chris Lilley's COMEDY bizarre mockumentary

gets closer to the bone every week! This time, hopeless rapper S Mouse unveils his new song Black Balls. ***

9 6 € one

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Wimbledon: Day two of extreme net avoidance. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 10.30 SPORT Yesterday at Wimbledon (R) 11.30 Daily Politics 12.00noon WE Wimbledon: Day two, with the first-round matches in the men's and ladies' singles. 3.25pm CBBC 5.50 LIVE Wimbledon: More racket wielding.

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women: With Jack Dee. Brave man. 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Dinner Date 6.00 Regional News, Weather 6.30 ITV News

6.10 The Hoobs (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends (R) 9.25 Back to You (R) 9.55 Location, Location (R) 10.55 A Place in the Sun: Home or Away (R) 12.05pm Superscrimpers: Waste Not Want Not (R) 12.35 River Cottage Bites (R) 12.55 TILM The Four Feathers 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Extreme Fishing with Robson Green - At the Ends of the Earth (R) 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 FILM Storm Chasers: Action thriller. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7pm The Simpsons A tax audit leads Homer into big trouble. (R)

7.30 The Simpsons Bart has his ear pierced, while Homer is fired. (R)

8.00 Kylie Live in 2011 Aphrodite

She's getting on a bit now - she

10.00 The Perfect

FILM Fact-based action drama starring George Clooney and Mark Wahlberg. In October 1991, six New England fishermen get caught in a

Les Folies

must have been singing longer that we've been alive! (R)(HD)

terrifying storm. It's good! (HD)

Storm

12.25am Fringe A member of the team meets

an untimely death. (R)(HD)

7.00 The One Show The latest topical twaddle.

7.30 EastEnders

Zainab warns Masood to steer clear of the wedding, but as he watches from a distance, his anger finally overwhelms him and his head explodes as though a firework went off in his ear. We made up that last bit. That's what should happen.

8.00 Holby City

Flashback episode. Chaps, how about you fast-forward to 9pm?

9.00 Luther

MUST-SEE Jenny's ruthless boss seeks revenge against Luther, but the detective is preoccupied with rescuing Ripley. Absolutely cracking cop drama. Don't miss it!

10.00 News, Weather

10.35 **Abused**: Breaking the Silence Former Catholic prep school pupils

who claim to have been abused.

11.25 The Scheme A family renowned for supporting a local community centre.

12.20am **Sign Zone**: The Animal's Guide to Britain

The lives of grassland creatures. (R)

8.00 Today at

Wimbledon SPORT John Inverdale and guests look back the second day. That's if it's not been tipping it down, of course! Let's face it - it's been tipping it down, hasn't it?

9.00 Three Men Go to Venice

Rory McGrath, Dara O'Briain and Griff Rhys Jones head for Venice. Lucky them, though we wouldn't fancy sharing a room with Rory McGrath. He looks like a snorer.

10.00 Lead Balloon

MUST SEE Work dries up for a depressed Rick, so he decides to host a stand-up comedy workshop. More cringeworthy antics occur.

10.30 Newsnight

11.20 Coast

How Dutch engineers created massive coastal defences. Fascinating, we're sure. (R)

12.20am The Tudors Henry and the court sign a treaty with France. (R)

7.00 Emmerdale

Ella tells Adam she is willing to end their affair, but only if he finishes his relationship with Mia first. So he has to get rid of Mia, and then Ella will finish with him? Sounds like a lose, lose deal to us, Adam. Baffling.

7.30 Animal Kingdom

The wildlife team in Namibia trap an unusual brown hyena. It's unusual because it's really a werewolf. Silver bullet at the ready!

8.00 Countrywise

Interested in the Channel Island of Jersey? Well, aren't you lucky?

9.00 Baby Hospital

The stories of three single parents at Liverpool Women's Hospital.

10.00 ITV News, Weather

10.35 Inside I'm Dancing Really? Inside we're regretting

that curry we had last night. Anyway, this is a comedy drama about two former residents of a home for the disabled who set up home together.

12.30am The Zone

2.30 Crossing Jordan: Drama.

3.20-5.30am ITV Nightscreen

7.00 **News**

7.55 4thought.tv

8.00 Four Rooms

The dealers value a guitar that belonged to Dee Dee Ramone, a collection of Matchbox cars, a gin bottle made famous by British artists and a miniature zoo. Is it an empty gin bottle? Just wondering.

9.00 The Fairy Jobmother

Hayley Taylor visits Birmingham.

10.00 Jamie's Food **Revolution Hits** Hollywood

Jamie Oliver arranges a cooking competition to impress LA's new superintendent of schools.

11.05 Alan Carr: **Chatty Man**

Carr interviews Jennifer Lopez, Jonathan Ross and David Haye. (R)

12.05am European Poker Tour

SPORT Highlights of the tournament

7.00 5 News at 7

7.30 How Do They Do It? Presented by Robert Llewellyn.

8.00 Submarine School

Docu following five submariners training to become nuclear sub commanders. Seriously, how do you end up with that career?

9.00 **CSI**

This is a repeat, but big news alert-Laurence Fishburne has left CSI!

10.00 CSI

The case of two murdered gigolos takes an unexpected turn. (R)

11.25 **CSI**

A passenger on a first-class flight suffers a violent death. Maybe they ate the economy-class food?(R)

12.25am **CSI** Catherine investigates a peeping Tom. (R)



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in Berlin, Germany.

1.10 Superbike Championship 1.35 MSA British Rallycross Championship (R) 2.05 The Grid (R)

2.30 KOTV Boxing Weekly 2.55-3.25am Blenheim Triathlon

1.15 Super Casino 4.00-4.10am Meals in Moments (R)

1.20 The Country House Revealed (R) 2.20 Fake Britain (R) 3.05 Great British Railway Journeys (R) 3.35-6.00am BBC News

1.15-3.35am BBC News

22 JUNE WEDNESDAY



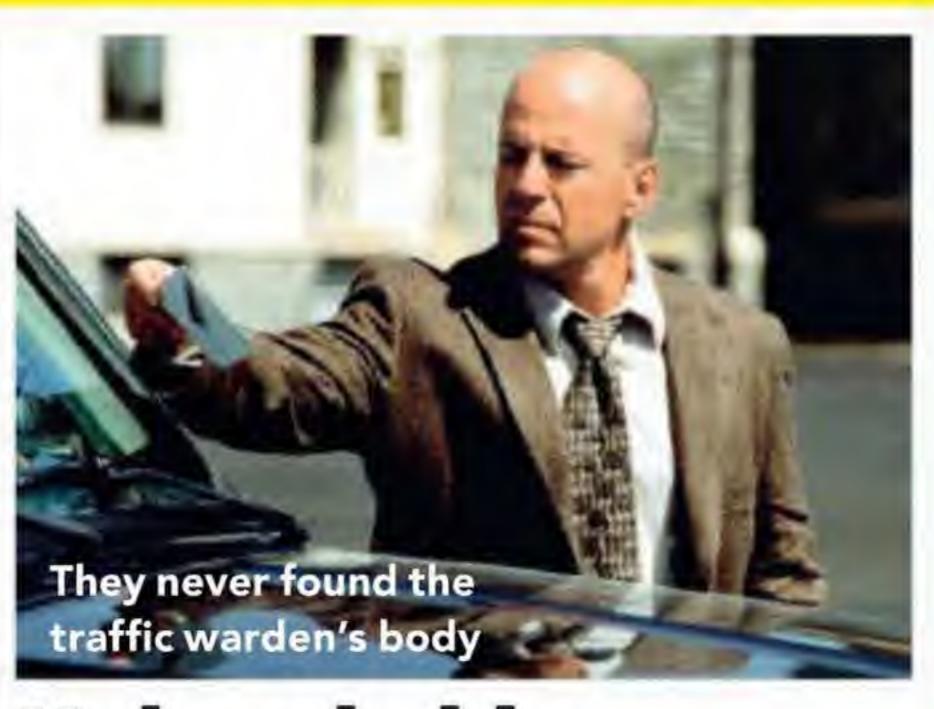
The Apprentice BBC1, 9pm The beardy business bloke

REALITY sends his candidates off to Paris to sell British-made products, but there's a snag - no one seems to know what the French like to buy. Cheese? ****



Norbit BBC3, 9pm

Donning various costand suits and disguises, Eddie Murphy plays assorted characters, including Norbit, who's married to a large scary woman called Rasputia. It's ridiculous, but funny. ★★★



Unbreakable ITV2, 10pm

Intriguing thriller, from the days when M Night Shyamalan still made good films. Bruce Willis is the regular guy coming to terms with the fact that he's seemingly indestructible. ***

8 B C one

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic(R) 12.15pm Wimbledon 2011: Day three of ball-over-net action. 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Wimbledon 2011: More from day three. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 10.30 SPORT Yesterday at Wimbledon (R) 11.30 Daily Politics 1.00pm Wimbledon 2011: Yes, there's more. 3.25 CBBC 5.50 Wimbledon 2011: And more.

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Dinner Date 6.00 Regional News, Weather 6.30 ITV News

6.10am The Hoobs (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 7.55 Frasier (R) 8.55 Friends (R) 9.25 Back to You (R) 9.50 Location, Location (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon Channel 4 News Summary 12.05pm Kirstie's Homemade Home (R) 1.05 FILM The Thief of Baghdad 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Extreme Fishing with Robson Green - At the Ends of the Earth (R) 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Inside Hollywood (R) 3.10 FILM Trial by Fire: Action drama starring Brooke Burns. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 The One Show

Topical stories.

7.30 Waterloo Road Chris discovers new pupil Scout is a drug courier. Silly old Scout, eh?

8.30 In with the Flynns

Liam lies about getting a vasectomy. Silly old Liam as well, for that matter!

9.00 The Apprentice

MUST SEE The candidates try to sell British products to the French. Emphasis on the word "try".

10.00 News, Weather

10.35 The National **Lottery Wednesday** Night Draws

OJ Borg presents.

10.45 Not Going Out

Lucy needs help writing a speech, so Tim and Lee both volunteer their services. Tricky call, Lucy. (R)

11.15 Extreme Measures

Thriller starring Hugh Grant. Yes, that Hugh Grant, and not a bumbling idiot character in sight.

8.00 Today at

Wimbledon SPORT Ball-smacking fun from the third day of proceedings.

9.00 Afghanistan: War without End?

Reporter John Ware charts the history of a decade of fighting.

10.00 The Apprentice: You're Fired!

Micky Flanagan puts the boot into the latest ousted contestant.

10.30 Newsnight

11.20 Three Men **Go to Venice**

Rory McGrath, Dara O'Briain and Griff Rhys Jones travel to the Italian city. Expect gondolas. (R)

12.20am The Tudors

King Henry comes face-to-face with Anne Boleyn. They'll probably end up getting married, those two. (R)

7.00 Emmerdale

Pig-rearing rubbish.

7.30 Poms in Paradise

The life of an animal-hospital boss.

8.00 **Lewis**

A man is found dead in the Bodleian Library, leading to all kinds of mostly dull shenanigans. (R)

10.00 ITV News, Weather

Six inspirational British youngsters.

11.35 Baby Hospital

coping with sick babies. (R)

12.30am The Zone

The stories of three single parents

10.35 **The Kids**

Are Alright

7.00 **News**

7.55 4thought.tv

8.00 Embarrassing **Bodies: Live from** the Clinic

"Keep taking the pills!" etc.

9.00 24 Hours in A&E

Tension mounts after two men are brought in with stab wounds.

10.00 Desperate Housewives

Paul suspects Susan is responsible for his declining health.

11.05 8 Out of 10 Cats

An extended version of the irreverent panel show. Which is perfectly fine in our book.

11.50 Music on 4: **Live from Abbey Road** Blondie and Anna Calvi.

12.40am The Album **Chart Show: Spotlight** A round-up of the week's releases.

12.55 **4Play**: Foster the People Profile of the LA band.

7.00 5 News at 7

7.30 Pawn Stars

The team wonder whether a petrol pump from the '30s with a bird's nest inside is worth restoring. Er, no?

8.00 Submarine School

The students are challenged to take reconnaissance photographs.

9.00 **NCIS**

Gibbs is held captive in Mexico.

10.00 Law & Order: Criminal Intent

A couple are found dead in their hotel room. (R)

11.00 Law & Order: Special Victims Unit

Some former soldiers display psychotic behaviour. (R)

11.55 **Poker:** Aussie Millions

Action from the big-money event at the Crown Casino in Melbourne. Bonzer, mate!

12.55am SuperCasino

4.00 Meals in Moments (R) 4.10 Michaela's Wild Challenge (R) 4.55 Rough Guide to Adventures (R) 5.10 Wildlife SOS(R) 5.35-6.00am House Doctor(R)

Steve Martin. (R) 7.30 The Simpsons

Homer is hired to climb a treacherous mountain. (R)

7pm The Simpsons

With the guest voices of U2 and

8.00 Emergency with Angela Griffin

The actress attends the scene of a traffic collision. Rubbernecker! (HD)

9.00 Brit Cops: Zero Tolerance

Following police officers in west London. (R)(HD)

10.00 An Idiot Abroad

Karl Pilkington visits to China. And hates it. (R)(HD)

11.00 Cop Squad

The work of police officers in Cambridge. (R)(HD)

12.00m't **The** Chicago Code

The son of an influential couple enters a coma. (R)(HD)

WEDNESDAY'S SPORT

12.15pm Wimbledon, BBC1. 1pm Wimbledon, BBC2. 1.45pm Wimbledon, BBC1. 4.30pm rootball, Sky Sports 1, 5,30pm Yorkshire vs Derbyshire, Sky Sports 2. 5.50pm Wimbledon, BBC2. 7.30pm Football, Sky Sports 1.

THURSDAY'S SPORT

10.30am Golf, Sky Sports 1. 12noon Wimbledon, BBC2. 1.45pm Wimbledon, BBC1. 3pm Cricket, Sky Sports 1. 3.55pm West Indies vs India, Sky Sports 2. 5.50pm Wimbledon, BBC2.7pm Essex vs Hampshire, Sky Sports 1.

1.10am Sign Zone: See Hear(R) 1.40 Country Tracks (R) 2.35 Saints and Scroungers 3.05 Great British Railway Journeys (R) 3.35-6.00am BBC News

1.15-3.35am BBC News

2.35 FILM True Crime: Crime thriller starring Clint Eastwood. 4.40-5.30am ITV Nightscreen

1.10 4Music Favourites: Avril Lavigne (R) 1.35 FILM My First Mister 3.30 Conservation's Dirty Secrets (R) 4.25 Hill Street Blues (R) 5.20-6.05am Countdown (R)

THURSDAY 23 JUNE



The Chicago Code

DRAMA helps out a drug lord when Sky1/HD, 9pm Wysocki his kid is kidnapped. Meanwhile, undercover cop Liam is being manipulated by wrong'un Alderman Gibbons. ★★★★



Shameless USA

DRAMA Mores, John 103
episode of the US remake of Shameless and guess what? It's pretty darn good! Best of all, drunk dad Frank Gallagher is played by William H Macy! ★★★★



TODAY'S

MUST-SEE

Lie To Me sky1/HD, 11pm

DRAMA of restaurants enlists lie-The dying owner of a string

detector-on-legs Lightman to help him track down his killer's daughter - something he proves pretty adept at. The swot. ***

9 6 C one

6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 Real Rescues 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Wimbledon 2011: Second-round matches. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am CBeebies 6.55 CBBC 8.30 CBeebies 10.30 SPORT Yesterday at Wimbledon (R) 11.30 Daily Politics 12.00noon W Wimbledon 2011: Day four gets under way at the All England Club. 3.25pm CBBC 5.50 Wimbledon 2011: Further coverage of the fourth day's play.

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women: With guest Noah Wyle. 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Dinner Date 6.00 Regional News, Weather 6.30 ITV News

6.05am Sali Mali (R) 6.10 The Hoobs (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) **7.55** Frasier (R) **8.55** Friends (R) 9.25 Back to You (R) 9.55 Location, Location, Location (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon News 12.05pm Kirstie's Homemade Home (R) 1.05 Jungle Book 3.10 Countdown 4.00 Deal or No Deal 5.00 Four in a Bed 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks



6.00am Milkshake! 9.15 The Wright Stuff 11.05 Extreme Fishing with Robson Green - At the Ends of the Earth (R) 12.05pm Meals in Moments (R) 12.15 5 News Lunchtime 12.20 Law & Order (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Inside Hollywood (R) 3.15 FILM First Shot: The President is Down: Thriller. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7pm The Simpsons Homer and Marge try to spice up their love life. (R)

7.30 The Simpsons Blood-curdling tales. (R)

8.00 Hawaii Five-0

An undercover cop seeks revenge when his wife is killed during an operation to bring a crime lord to justice. (R)(HD)

7.00 The One Show

Chat that's of no interest to us.

7.30 EastEnders

Some arguments break out at the wedding party. What? Arguing? In EastEnders? Whatever will they come up with next?

8.00 Planet of the Apemen: **Battle for Earth**

How Homo sapiens survived against all the odds. Just to clarify, that's Homo sapiens.

9.00 Traffic Cops

Officers arm themselves with 50,000-volt Tasers for a difficult arrest. That crim's going to twitch like your Granny's hands!

10.00 News, Weather

10.35 Question Time

11.35 This Week

Parliamentary chit-chat.

12.25am **Sign Zone**: Land of the Bandits: Panorama

Mogadishu, Somalia - one of the world's most dangerous cities. (R)

12.55 Countryfile Exploring the North Downs. (R)

8.00 Today at

Wimbledon SPORT Highlights of the fourth day's play. Strawberries, anyone?

9.00 History Cold Case

MEW An investigation into the discovery of a well shaft filled with 17 people, thought to be the victims of a medieval murder. Where's Sherlock when you need him?

10.00 Mock the Week

Topical laughs with With Chris Addison and Stewart Francis.

10.30 Newsnight

11.20 Afghanistan: War without End?

Reporter John Ware charts the history of a decade of fighting. (R)

12.20am The Tudors

Henry's desire for Anne Boleyn grows increasingly strong. (R)

7.00 Emmerdale

The farmers decide to go into town on a welly-buying expedition. Hold onto your flat caps, this is gonna be one wild ride!

7.30 No More Heroes Anymore?: Tonight

The impact of health and safety legislation on emergency workers.

8.00 Emmerdale

Aaron realises he'll be in court during Jackson's funeral. Unless, he quickly figures out a way to clone himself. Just a suggestion.

8.30 Coronation Street

A phone call leaves Carla an emotional wreck. It was probably that bloke from the movie Scream asking her if she likes scary movies. Well, do you Carla?

9.00 The Choir That Rocks

About a choir. If we were interested in choirs, we'd go to church.

10.00 ITV News, Weather

10.35 Piers Morgan's Life Stories: Simon Cowell He's rich and smug. The end. (R)

11.45 **Odd One In (R)**

12.30am The Zone

3.45-5.30am ITV Nightscreen

7.00 **News**

7.55 4thought.tv

8.00 Help! My House Is Falling Down

A home sinking into a mineshaft. Don't moan - you might strike gold!

9.00 Born to Be Different Emily goes on a school trip.

10.00 The Sex

Researchers All about achieving better sex.

11.05 King Of

Comedy chat show hosted by Claudia Winkleman.

11.50 The Film Show

Reviews of the ace-looking flick Bad Teacher and award-winning drama The First Grader.

12.25am Style the Nation People dress each other up. (R)

12.55 Music on 4: The **Album Chart Show** Introduces - Parade

Performance by the girl group.

7.00 5 News at 7

7.30 World's Most **Extreme Airports**

Off on your holiday tomorrow? Give this a miss then - it's about the ten most dangerous airports. (R)

9.00 Walking the Amazon

Former soldier Ed Stafford embarks on a quest to become the first person to walk the entire length of the massive South American river.

10.00 **TimeCop**

FILM Sci-fi action thriller starring drum roll, please - Jean-Claude Van Damme. He plays a 21st-century TimeCop who

discovers an unscrupulous US senatoris manipulating the past to his own advantage. Ooh.

11.55 **Inside** Hollywood Magazine show.

12.05am SCXTRA

12.35 Super Casino

4.00 Meals in Moments (R) 4.10-4.35 Michaela's Wild Challenge (R)

9.00 The Chicago Code

MUST SEE Wysocki and Evers' help a major league drug dealer track down his kidnapped kid. (HD)

10.00 An Idiot Abroad

Karl arrives in India. Let's just say he's not keen. (R) (HD)

11.00 Lie to Me

MUST SEE Lightman helps a dying restaurateur tradk down his daughter's killer. (HD)

12.00m't Martina Cole's The Take

Maggie reveals the truth about her son's parentage. (R)(HD)



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1.55 Britain's Next Big Thing (R) 2.55 Fake Britain (R) 3.40 Antiques Roadshow (R) 4.25-6.00am News

1.15-4.25am BBC News

2.30 SPORT British Touring Car Championship: Recent action.

1.10 4Play: Kassidy (R) 1.20 The Model Agency (R) 2.15 FILM The September Issue 3.50 | Hate That Smile (R) 3.55 Hill Street Blues (R) 4.50-5.15 Wogan's Perfect Recall

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Tani. UKanywhere. 43 yrs. Photos. Text

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Wales. Divorced Looking for fun. Text - BETSY to 68889

Ellen. 45. Just Divorced. Looking for fun in Scotland! Photos.

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specially looking for younger guy



London, UK Experienced sexy JUST divorced woman looking for fun. Photos. Text:- JILL 68889

Black girl, 18 years old. Cute. Fun loving. Up for fun 24/7! Text MISTI to 68889



Anywhere UK OK. 51. Busty divorcee bar maid looking 4 hook ups. Photos. Text HELENA to

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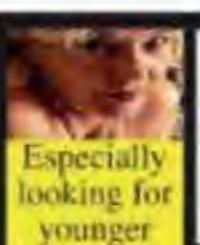


Especially looking for younger guy



Older woman. Glasgow. Foot loose and fancy free looking Text 24/7. for fun! NANCY to 68889

Wales. Really sexy babe. Get my pics and more! Text 24/7. Text CARRIE to 68889



UK/London anywhere. Experienced woman. Old enough to know what I want! PHOTOS. Text GEORGIA to 68889

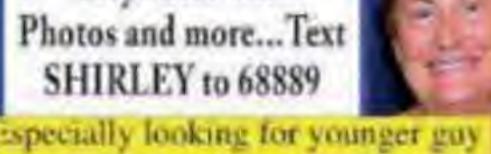
YORKSHIRE, Pixie, 18 years old. Fun teen of 18 in Yorkshire area looking for fun times. PHOTOS and more.. Text PIXIE to 68889



Sexy fun babe in Birmingham. Looking for fun. Photos and more.

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Anywhere UK.





Derbyshire or anywhere UK. Very mature woman. Photos. Text IVY to 68889

Leeds, Yorkshire, Indian hot babe wants some fun. Text SHANTA



Tanya. Older woman. Not looking for anything serious. PHOTOS. Text TANYA to 68889

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Elle. 37. Blond. Fun. Easy going. Single. I love being single, I don't want kids or ties. Only fun. Guys 18-30 text me I have some fantasies too. Ask me! PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889



MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

Jan. London/UK anywhere, 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

Gialia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman!! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7!! PHOTOS.

TEXT:- GIULIA to 68889

Anywhere UK. (46 yrs) Experienced Desperate BIG BBW woman needs fun now. Text/contact 24/7 guys! Looking 4 fun hook ups. Younger men welcome Text JESSE to 68889

Tash, Glasgow (18) Nat, Midlands (19)



Get my hot pix. Text Get my hot pix and TASH to 68889

Jule, UK (40)



Hot Single woman (40) wants to be contacted by guys 18-35 for fun easy pix and HOT videos.

> Text JULE to 68889





HOT videos, xxx

Text NAT to 68889

Tara, UK (47)

TARA to 68889

times. Get my HOT AS SEEN ON TV

Naughty, Southwest





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Annalise, 43. Newcastle, I am just divorced, hot and naughry! Younger guys especially wanted. ANNALISE to 68889 TEXT:

Bella. Just 19. Looking for new experiences, especially with guy same sort of age. Blond. HOT REALLY HOT. Photos. Midlands. TEXT: BELLA to 68889

Kyli. 20 years old. Get my HOT pixs and videos. Text KYLI to 68889



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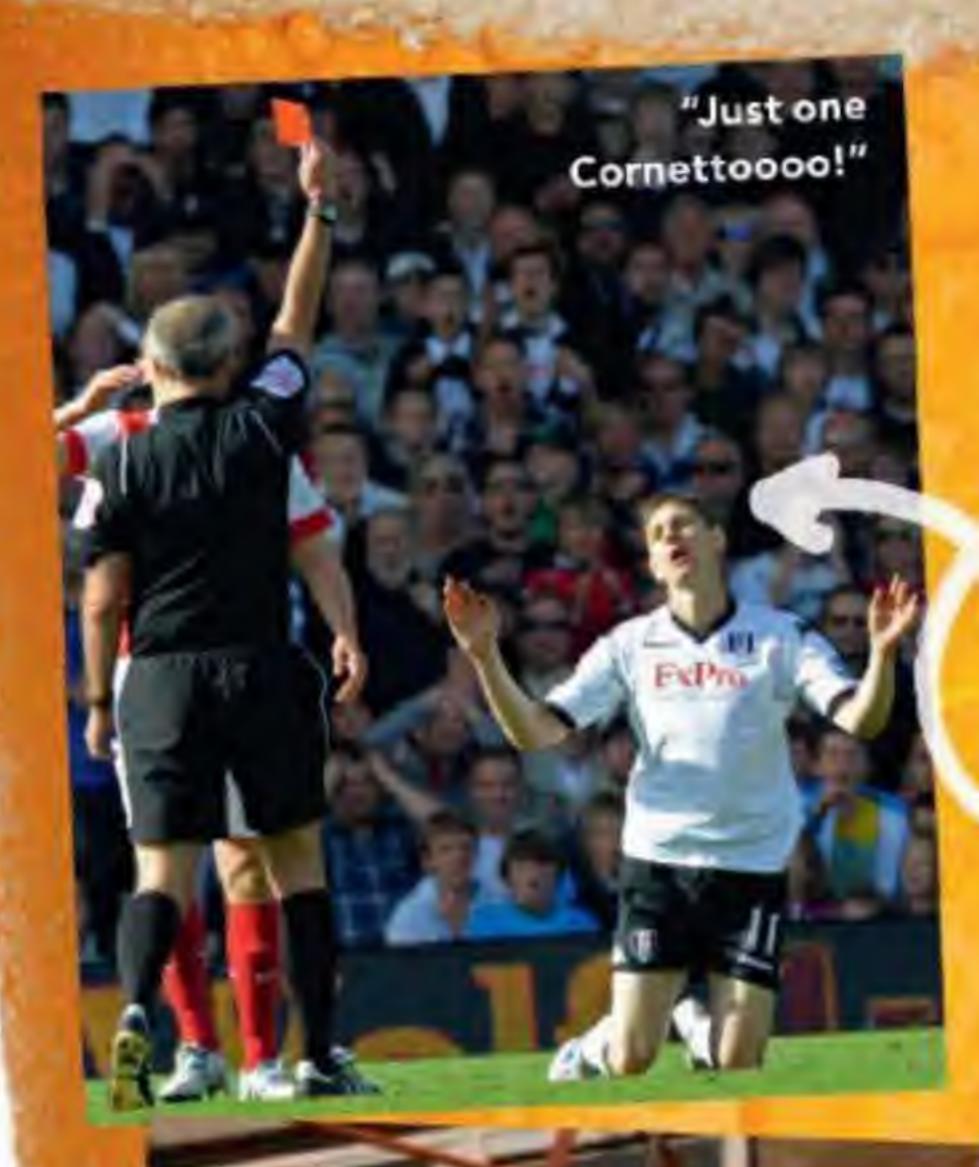
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"I swear, boss,

Llewellyn-

Bowen's

X-ray had

arrived

I've only had

a shandy!"

The Olympic torch is lit in Greece using the sun's rays and a parabolic mirror, before it's passed on to the host country.

Fulham FC received their first red card of the 2010/11 season with just 19 minutes of the campaign remaining - Zoltan Gera was the guilty party.

There is currently a nationwide Roundabout Idol contest running in which the UK public can vote for their favourite road roundabout.



Brazil nuts are not actually called Brazil nuts in Brazil – they mainly originate in Bolivia, so the Brazilians call them "castanhas" or chestnuts.

The box jellyfish has eyes but because it has no brain, they're permanently out of focus.

QPR manager Neil Warnock will stop his car at every set of traffic lights on his journey home, even if they're green.

Dwayne "The Book" Johnson is afraid of spiders.

The 1,063 goals scored in the 2010-11 Premier League season, beat the previous record by three.

Clarence the polar bear, the hand-puppet who features in adverts for Birds Eye seafood, is voiced by Willem Dafoe.

The total length of the whole London Underground network is 249 miles, serving 260 stations.

PUB AMMO ON... NATURISM





- The British
 Naturism
 Society has approximately
 12,000
 individual members.
- Beaches in the UK that are designated official naturist beaches include Brighton, Clacton, Hastings, Wellsnext-the-Sea
- English naturist
 Steve Gough
 has walked
 from Land's
 End to John
 O'Groats in just
 his boots!
- The first British naturist club opened in Wickford, Essex, in 1924.
- Sunday, 19
 June is World
 Naturist Day.





WORDS: PETE CASHINGRE MUNIRA MNYUSIWALLA, SI CUNNINGHAM



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